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Good Food: Low-calorie Recipes

By Sarah Cook

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Good Food: Low-calorie Recipes, Sarah Cook, Keeping an eye on your calorie intake can be a real struggle - whether you're following a low-calorie diet or just watching what you eat, it's difficult to keep track of the numbers. Which is where Good Food: Low-calorie Recipes can help! It's filled with delicious recipes for any time of the day, and all low in calories. Handily arranged by precise calorie intake, there are ideas for filling breakfasts, fast midweek meals, low-cal crowd-pleasers, emergency snacks and even sweet treats! With each recipe triple-tested by the team at Britain's best-selling cookery magazine and accompanied by a full nutritional breakdown, you can cook your own mouthwatering meals. This little cookbook is a fast-track to a low-calorie diet.



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