



The Classic 1000 Calorie-counted Recipes

By Carolyn Humphries

W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, The Classic 1000 Calorie-counted Recipes, Carolyn Humphries, With every recipe calorie counted, this title deals with low-fat, health-conscious eating to keep readers in great shape. It contains all original material not simply resourced from existing titles. It features clever and imaginative recipes which produce a better figure all round! This series has been so successful that it has now established itself as a brand. Here we turn our research to healthy eating for a well-toned body. This brilliant and diverse range of recipes provides a completely fat-reduced, calorie-controlled lifestyle. With this book you may be on a diet, but the food won't keep reminding you of it. Everything you eat is figure-friendly and health giving. Here is the book that provides the answer for weight-watching families. With it they will never again have to find themselves anxiously back on the scales.



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Reviews

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It is really an remarkable publication i actually have possibly study. It usually is not going to cost excessive. Its been written in an exceedingly basic way and is particularly only right after i finished reading this publication through which basically transformed me, affect the way i think.

-- Dr. Breana O'Kon