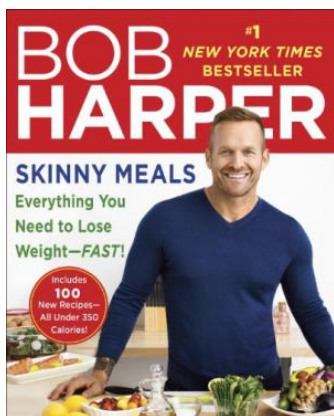


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SKINNY MEALS: 100 NEW RECIPES THAT FOLLOW MY SKINNY RULES



Random House USA Inc, United States, 2014. Paperback. Book Condition: New. 259 x 206 mm. Language: English . Brand New Book. #1 NEW YORK TIMES BESTSELLER From Bob Harper, the bestselling author of The Skinny Rules and Jumpstart to Skinny and the star of NBC s ongoing smash reality show The Biggest Loser, comes 100 delicious new recipes (all of them under 330 calories!), a month of new menu plans, and indispensable shopping lists and cooking tips that all follow...

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- Authored by Bob Harper
- Released at 2014



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