



Quick & Healthy Low-fat, Carb Conscious Cooking, 2nd Edition

Brenda J. Ponichtera

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The third edition (pub date: 2008) of this award-winning bestseller (over 500,000 sold) offers more help for health-conscious people who have little time to plan and cook. The 20 weeks of dinner menus, each with a grocery list, sets this apart from previous editions, as well as other cookbooks. Perfect for anyone with heart disease, diabetes or wanting to control their weight.

- o Over 200 quick-to prepare, low-fat recipes that appeal to all members of the family
- o Practical nutrition information as well as time-saving ideas; recommended foods; tips to reduce fat, cholesterol and sodium; quick meal ideas that don't require a recipe; recipes listed by grams of carbohydrate; food exchanges for weight loss and diabetes; lots of menus and grocery lists; and much more!
- o Recommended in O, The Oprah Magazine.
- o This is one cookbook dietitians and physicians are recommending to all their patients.
- o Quick & Healthy Recipes and Ideas is a Benjamin Franklin Award winner

Note: A previous edition (2nd) was titled Quick & Healthy Low-fat Carb Conscious Cooking.



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Lee Henry:

The guide untitled Quick & Healthy Low-fat, Carb Conscious Cooking, 2nd Edition is the e-book that recommended to you you just read. You can see the quality of the publication content that will be shown to an individual. The language that writer use to explained their way of doing something is easily to understand. The author was did a lot of study when write the book, hence the information that they share for you is absolutely accurate. You also could get the e-book of Quick & Healthy Low-fat, Carb Conscious Cooking, 2nd Edition from the publisher to make you much more enjoy free time.

Gladys Dearth:

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Lorene Lord:

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