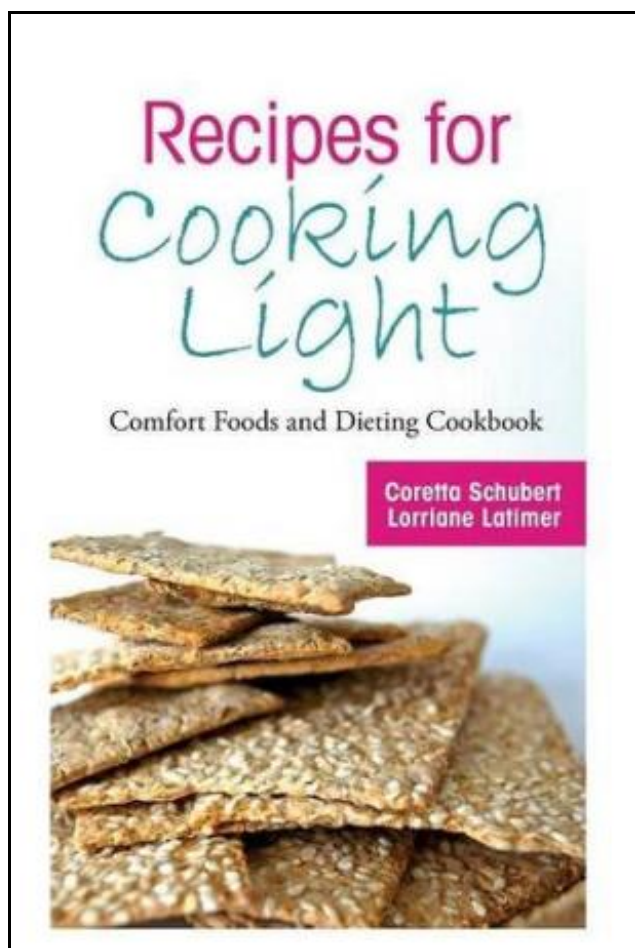


Recipes for Cooking Light: Comfort Foods and Dieting Cookbook



Filesize: 8.78 MB

Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.
(Tomas Witting)

RECIPES FOR COOKING LIGHT: COMFORT FOODS AND DIETING COOKBOOK



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Speedy Publishing Books, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Recipes for Cooking Light: Comfort Foods and Dieting Cookbook The Recipes for Cooking Light book is about two cookbooks, the Dieting Cookbook and the Comfort Food Diet. Don't let the term comfort food fool you though. Each one of these is a cooking light recipe meaning you will find great light recipe ideas within this book, healthy meal ideas, and even weight loss recipes. Each of these cooking light quick recipes will help you to cook and serve healthy meals that taste great. It is hard to beat a quick easy dinner that is made from the best healthy recipes. Everyone will love these quick dinner ideas (and more) from these quick healthy recipes. The first section of the Recipes for Cooking Light book contains these chapters: Low Fat Recipes: The Basic Weight Loss Recipes, Low Carbohydrate Recipes: somewhat Misunderstood but Very Helpful for Weight Loss, Muscle Building Recipes to Boost the Metabolism, Fish Recipes to Lose Weight, Raw Food Diet Recipes for the Daring, Vegetarian and Vegan Recipes for Weight Loss, Paleolithic Diet Recipes: Turning Back the Clock A Lot, Breakfast Recipes for Weight Loss, and Desserts for the Diet Conscious. The second section of the Recipes for Cooking Light book contain these chapters: Comfort Food - What Is It, Comfort Food Breakfast Recipes, Comfort Food Lunches, Comfort Food Dinners, Comfort Food Desserts, Your Comfort Food Meal Plan, Eating with Comfort in Mind, Comfort Food - A summary, A five Day Sample meal Plan, and Final Words that are Not So Final. There are many recipes within this book, enough to plan the menu for a couple of weeks without repeating a recipe.



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