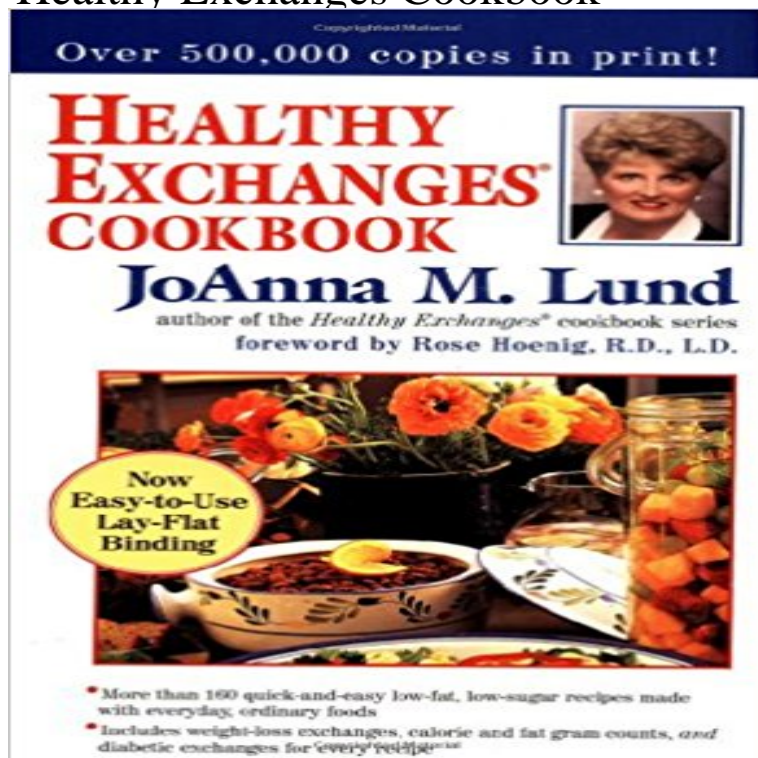


## Healthy Exchanges Cookbook



JoAnna Lunds classic bestselling cookbook, now available in an easy-to-use lay-flat binding. Legions of health-conscious cooks swear by JoAnna Lunds common-sense wisdom and delight in her delicious recipes. With the 160 recipes collected in this volume, anyone can lose weight and eat healthier while enjoying the real foods they crave--traditional down-home delights like pizza, lasagna, meatloaf, potato salad, cream pies and cheesecake. Best of all, these hearty dishes are made with everyday ingredients--and are sure to appeal to even the most finicky families. With a half-million copies already in print, and now with a convenient lay-flat binding, this is bound to become a standard for the kitchen cookbook shelf! \* Features 160 quick-and-easy low-fat, low-sugar recipes made with everyday, ordinary foods\* Includes weight-loss exchanges, calorie and fat gram counts, and diabetic exchanges for every recipe

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