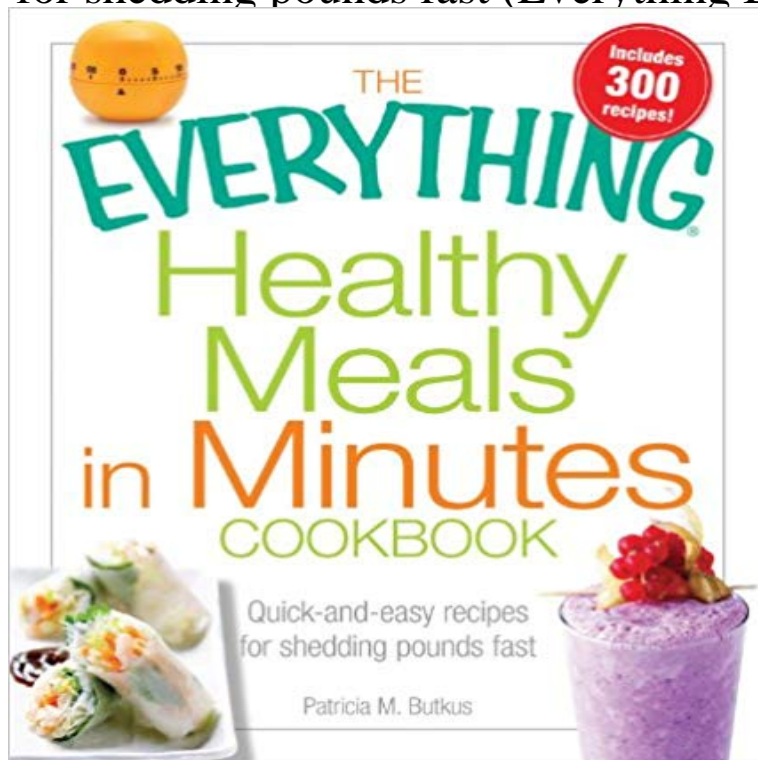


The Everything Healthy Meals In Minutes Book: Quick-and-easy recipes for shedding pounds fast (Everything Books)



Want to lose weight and indulge in easy-to-make, great-tasting food at the same time? With The Everything Healthy Meals in Minutes Cookbook, you're on the path to quick cooking and good eating. Packed with recipes that suit any taste, this cookbook offers meal alternatives low in calories, carbs, and/or fat. You'll find tons of recipes that use all of your favorite ingredients without tempting you to deviate from your diet. Delicious appetizers and entrees will satisfy all your cravings without adding the calories you don't want. From salads and seafood to meaty meals and desserts, you have hundreds of options for any time of day. Complete with a nutritional breakdown of carbohydrates, protein, and fat, The Everything Healthy Meals in Minutes Cookbook is all you need to satisfy your hunger the smart way - at home or on the go!

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