



More Choices for a Healthy Low Fat You: Tasty Meals in 30 Minutes or Less

Cheryl D. Thomas Peters

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This cookbook features a wide variety of recipes for great tasting vegetarian meals. Plus a plan for achieving and maintaining your ideal weight and health.

Book Specs

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Table of Contents

Introduction
Nutrition and Lifestyle Healthy Weigh Plan
Breakfast
Lunch
Sandwiches
Sensational Main Dish Salads
Soups
Dinner
Pasta Recipes
Rice and Couscous Recipes
Potato Recipes
Mexican and Legume Recipes
Pizza Recipes
Dessert
Variations and Substitutions
Pantry and Smart Shopping Tips
Nutritional Analysis
Index of Recipes

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