

The Ultimate Low-Calorie Book: More than 400 Light and Healthy Recipes for Every Day (Better Homes and Gardens Ultimate)

By Better Homes and Gardens

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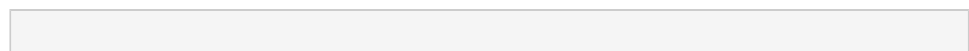
You'll never run out of healthy, nutritious family meals with this extensive collection of low-calorie recipes

New in the Ultimate series, *The Ultimate Low-Calorie Meals Book* offers hundreds of recipes and ideas that make eating healthy and watching your weight easy and delicious. These recipes are ideal for light and nutritious everyday meals that form the basis of a healthy lifestyle. Filled with dishes the entire family will love, recipes are clearly marked with icons that let you quickly identify recipes that are ready in 30 minutes or less, high in fiber, and low in sodium.

Packed with more than 400 delicious and nutritious low-calorie meals and hundreds of beautiful photos, *The Ultimate Low-Calorie Meals Book* is a great resource at a great price.

- Features more than 400 flavorful calorie- and fat-conscious recipes, including main dishes, snacks, sandwiches, pizza, desserts, restaurant favorites, and make-ahead meals
- Includes more than 300 gorgeous full-color photographs that make every page inspiring and easy to follow
- Special Healthy Eating Basics chapter
- Special features include substitution charts that help make every meal more calorie-conscious, up-to-date diet and nutrition advice, and much more

Whether you're trying to adopt new, low-calorie eating habits or looking for new recipes to help you maintain your already-healthy lifestyle, this is the ultimate guide to tasty, healthy eating.



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- Sales Rank: #115964 in Books
- Brand: imusti
- Published on: 2011-11-18
- Released on: 2011-12-06
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 1.20" w x 7.50" l, 2.36 pounds
- Binding: Paperback
- 480 pages

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Editorial Review

From the Back Cover

The only book you'll ever need for satisfying low-calorie meals!

It's easy to maintain a healthy lifestyle with this collection of 400 delicious and nutritious low-calorie recipes. Inside, you'll find light and healthy meals for main dishes, sides, snacks, desserts, and more.

Giving you the best:

- Delicious and nutritious family-friendly meal ideas from the experts in the Better Homes and Gardens Test Kitchen
- More than 400 low-calorie recipes—including meals ready in 30 minutes or less, high fiber meals, and lower sodium meals
- More than 300 gorgeous full-color photographs
- Special features include substitution charts for making every meal more calorie-conscious, up-to-date diet and nutrition advice, and an introductory chapter on the basics of healthy eating

About the Author

The iconic BETTER HOMES AND GARDENS brand is one of America's most trusted sources for information on cooking, gardening, home improvement, home design, decorating, and crafting. Today, the brand encompasses books, magazines, and digital media.

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Leigh Brown:

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Helen Noyola:

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