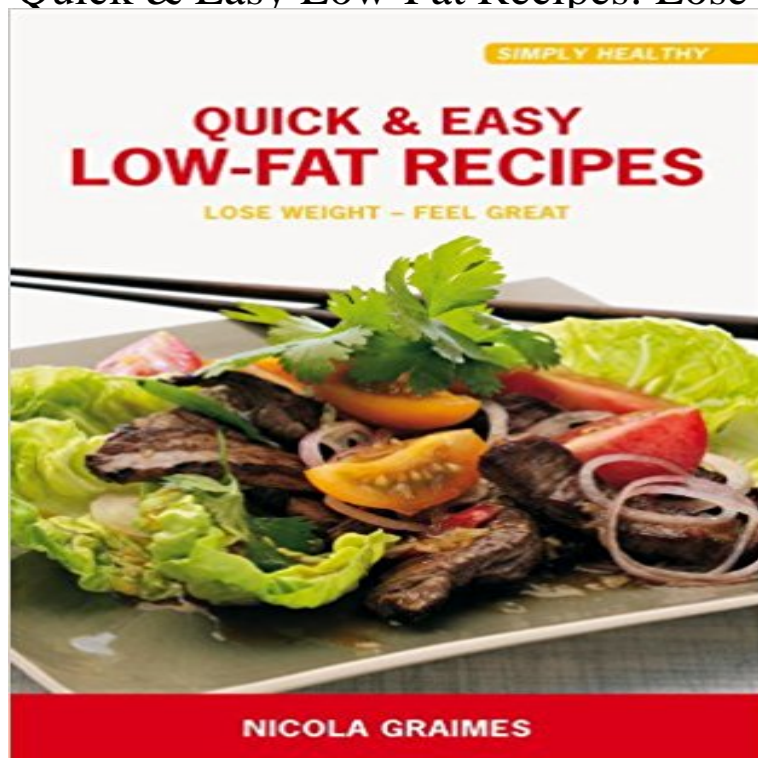


Quick & Easy Low-Fat Recipes: Lose Weight - Feel Great



Cut the fat, lose weight, and live more healthily! With a wide range of yummy dishes inspired by world cuisines including Strawberry & Ricotta Muffins, Chili Beef Fajitas, Fish Tikka Brochettes, and Thai Green Vegetable Curry this cookbook proves you don't have to give up taste to eat well. There are even luscious desserts, such as a Chocolate & Orange Mousse, plus advice on sticking to a low-fat diet, invaluable menu plans, and an easy-to-follow nutritional breakdown for each recipe, detailing overall fat content, saturated fat level and calories, as well as symbols highlighting nutritional benefits.

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