



Quick Recipes (Great Taste, Low Fat)

Sandra Rose Gluck

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From the back cover: Pull this cookbook out when you know you've got a killer week ahead of you. Our chefs have gone back to the drawing board to come up with novel streamlining ideas while providing sensational, fresh-tasting entree recipes that can be made from start to finish in 30 minutes or less. The 80 speedy, low-fat recipes inside - from pasta and poultry to meat, vegetables and seafood - will help you stick to your schedule and to your goals of healthful eating. Great Taste-Low Fat is the one cookbook (in a series of Quick Recipes cookbooks) designed to give you delicious, healthy recipes that fit perfectly into your busy lifestyle. See for yourself. Dig into Great Taste-Low Fat Quick Recipes!

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Lori Johnson:

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Alice Lawson:

People live in this new time of lifestyle always try and and must have the free time or they will get lot of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not really a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading books. It can be your alternative within spending your spare time, the book you have read is Quick Recipes (Great Taste, Low Fat).

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