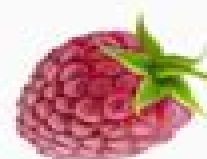


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# Lowfat Fast

**Michael Brown**



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**National Food Review** , 1983 *The Low-fat Supermarket* Judith Scharman Smith, 1993 **Vegetarian Times**

**Low-Fat & Fast Pasta** Editors of Vegetarian Times, 1997-05-20 The next book in the series of Low Fat Fast cookbooks from the editors of Vegetarian Times magazine is Vegetarian Times Low Fat Fast Pasta Pasta dishes are more popular than ever but some popular sauces and ingredients are high in fat With Vegetarian Times Low Fat Fast Pasta pasta lovers can have their favorite dishes without the fat As with other books in this series every dish will be easy enough to prepare in 20 to 30 minutes and will include a complete nutritional breakdown Our on going series with Vegetarian Times magazine includes Vegetarian Times Complete Cookbook Vegetarian Times Beginner s Guide and Vegetarian Times Vegetarian Entertaining

**Prevention's Quick and Healthy Low-fat Cooking** David Joachim, 1997 The dinner hour is the rushed hour for many families who end up settling for fast food rather than fabulous food This book serves up scores of tasty low fat dinners with a

minimum of fuss      Prevention's Quick and Healthy Low-fat Cooking Jean Rogers,1995 Quick low fat recipes tips from chefs  
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Magazine,1958-08-15 Gathers healthful recipes for appetizers soups salads vegetables meat poultry fish seafood and desserts and discusses the advantages of a low fat diet      *The Quick and Delicious Low-Fat, Low-Salt Cookbook* Jacqueline Williams,Williams, Angela Aprn Edd(c),Goldie Silverman,Wendy Silverman,1996      *Medical and Health Care Books and Serials in Print* ,1997      Natoma's Low Fat Home-style Cooking Natoma Riley,1994 Home style cooking like fried chicken cornbread and macaroni and cheese are no longer off limits to healthy eaters Check out the special section of tempting but easy on the waistline holiday recipes A helpful fat gram count for each recipe is included      *Think Light!* Greg Phillips,Gail Johnston,1989-12

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