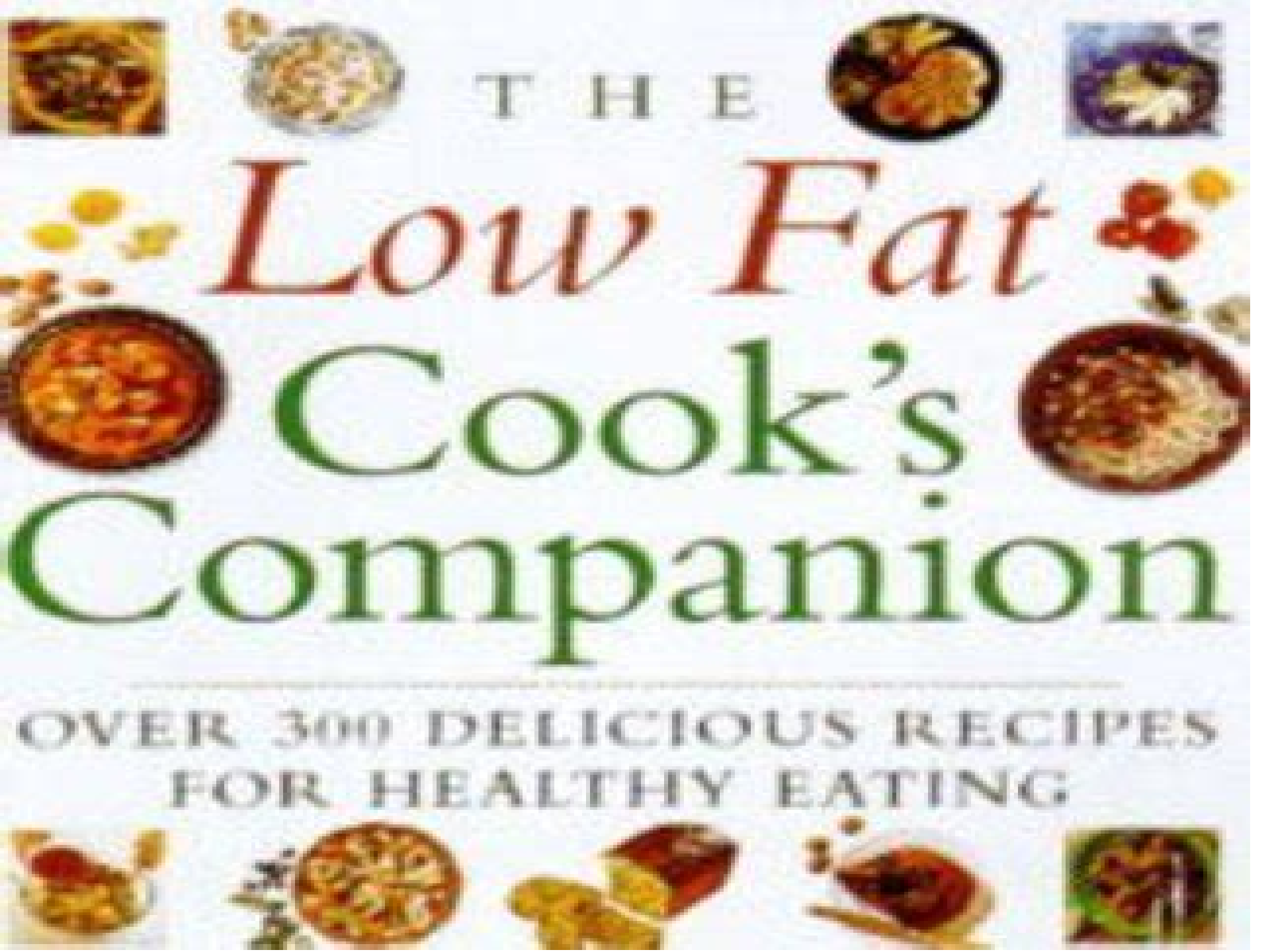


The cover is decorated with various food images. At the top, there are four small square images: a bowl of soup, a bowl of cereal, a bowl of fruit, and a bowl of vegetables. Below these, the word "THE" is written in a simple, sans-serif font. The main title "Low Fat Cook's Companion" is written in a large, elegant serif font. "Low Fat" is in red, "Cook's" is in green, and "Companion" is in green. To the right of "Cook's" is a small cluster of red berries. Below the title, there are two large circular images: a bowl of soup on the left and a bowl of cereal on the right. At the bottom, there are five small square images: a bowl of soup, a bowl of cereal, a bowl of fruit, a bowl of vegetables, and a bowl of fruit.

THE *Low Fat* Cook's Companion

OVER 300 DELICIOUS RECIPES
FOR HEALTHY EATING

Low Fat Cooks Companion Over 300 Delicious Recipes For Healthy Eating

Annelies Wilder-Smith



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