# LOSE WEIGHT NATURALLY COOKBOOK



\* Chicken Lasagna



\* \* Golden Dream Pie



\*\*\* Oriental Stuffed

Why fuss with caloric counts?

Let The Love Weight Naturally

Cookbook do it for you! The

three-star Weight Loss recipes—
those lowest in calories—are the
all natural, fresh and nutritious
dishes you're bound to love eating
when you start out on your
weight-loss quest. As you reach
your goal and even retain it, you'll
want to switch to the two-star

Maintenance dishes—those slightly

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Cover photography by Carl Doney Cover design by Anits G. Patterson and Karen A. Schell

1-PEZ-72878-0 MBZI

# **Lose Weight Naturally Cookbook**

**Crystal Moore** 

# **Lose Weight Naturally Cookbook:**

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