

— YVONNE YOUNG TARR'S —  
*Low-Cholesterol  
Gourmet*  
— —  
MENUS FOR TODAY'S LIFE-STYLES



# Low Cholesterol Gourmet

**Harriet Roth**



## **Low Cholesterol Gourmet:**

The Fischer/Brown Low Cholesterol Gourmet Lynn Fischer, W. Virgil Brown, 1988 Discusses the importance of reducing cholesterol in the diet and gathers healthful recipes for salads appetizers soups pasta rice meat poultry fish vegetables breads and desserts

**The New Low-Cholesterol Gourmet** Lynn Fischer, W. Virgil Brown, 1988-05-01 Lynn Fischer's Quick Low Cholesterol Gourmet Lynn Fischer, 1993

**The Fischer/Brown Low Cholesterol Gourmet** Lynn Fischer, W. Virgil Brown, 1990 *Italian Cooking for a Healthy Heart* Joanne D'Agostino, 1989 Provides over a hundred and forty recipes for Italian dishes redesigned for use with a low fat low cholesterol diet

**Healing Gourmet Eat to Lower Cholesterol** Victoria Rand, Kathy McManus, Bev Shaffer, 2006 Focuses on lowering cholesterol and includes delicious healthy recipes and three weeks of meal plans

**Healthy Indulgences** Lynn Fischer, 1995 The popular host of the Discovery Channel's Low Cholesterol Gourmet shows how to prepare and enjoy low fat versions of your favorite foods Lynn Fischer updates everything from appetizers and main courses to breakfast treats and desserts using low fat cooking techniques and readily available substitutes

**Deliciously Low** Harriet Roth, 1984 Deliciously Low Harriet Roth, 1983

**Heart-Smart Cooking** Gourmet Temptations Refuge, 2023-09-21 Heart Smart Cooking 93 Effortless Low Cholesterol Recipes with 5 Ingredients is the perfect cookbook for those looking to enjoy delicious and nutritious meals while keeping an eye on their cholesterol levels Written by renowned nutritionist Amanda Thomas this cookbook features a wide range of recipes that are packed full of flavor while also ensuring a maximum of 5 main ingredients and minimal prep time for each meal Heart Smart Cooking makes it easy to find the right dishes for all occasions and preferences while still keeping cholesterol levels in check The recipes are organized by category making it easy to identify healthier alternatives for meals suitable for breakfast lunch dinner and snacks With options encompassing simple pastas tasty stir fries snack worthy power bowls hearty soups and veggie packed muffins there is plenty of variety to suit all tastes The recipes in Heart Smart Cooking are designed to require minimal effort allowing you to whip up delicious healthy meals in record time What's more each simple recipe is supplemented with detailed nutritional information to make it easy to keep calorie and cholesterol levels in check Additionally the recipes include helpful make ahead tips and jam packed inspiring ideas making it easy to zest up your meal If you're in need of some healthy inspiration Heart Smart Cooking has you covered By excluding unhealthy fats cholesterol filled meats and dairy heavy ingredients each meal offers a hearty helping of flavor without weighing you down Whether you're looking to get creative with ingredients you already have at home or grabbing a few items to cook up an entirely new dish this cookbook has everything you need If you're looking to go the extra mile with your cooking Heart Smart Cooking offers great substitutes and tasty additions to create sophisticated dishes From roasted eggplant tacos to hearty zucchini noodles the creative recipes are sure to keep guests satisfied while keeping cholesterol levels low Heart Smart Cooking is the perfect cookbook for those looking to enjoy healthy meals made with minimal ingredients and effort With 93 recipes to choose from

you can easily whip up delicious dishes suitable for all occasions without sacrificing flavor or increasing cholesterol     **The Gourmet's Low Cholesterol Cookbook** Elizabeth S. Weiss,Rita Parsont Wolfson,1973     Low Cholesterol Gourmet Lynn Fischer,1988     Health Related Cookbooks Tian-Chu Shih,1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA     The Gourmet's Low Cholesterol Cookbook Elizabeth S. Weiss,Rita Parsont Wolfson,1978     Eat to Your Heart's Content : the Low Cholesterol Gourmet Cookbook Charles Gordon Heiss,Kay Beauchamp Heiss,1974     The Low Cholesterol Gourmet's Kitchen Bible Lynn Fischer,1991     **The Dieter's Gourmet Cookbook** Francine Prince,1980     **The Gourmet Healthy Heart** Emily Zants,Rodman Sharp,2009-02-05 When you don t want to go on statins how do you eat without sacrificing your gourmet palate This book attempts to answer the question Inspired by years of photography and travel around the world the recipes reflect in many ways the images     *The Words Worth Eating Low Cholesterol Cookbook Presented by Gourmet Market* Jacquelyn G. Legg,1989-08-01     **Yvonne Young Tarr's Low-cholesterol Gourmet** Yvonne Young Tarr,1990-01-01

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