

THE LOSE WEIGHT NATURALLY COOKBOOK



★ Chicken Lasagna



★★ Golden Dream Pie



★★★ Oriental Stuffed
Potato

Why fuss with calorie counts? Let *The Lose 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

higher in calories. And for those occasions when you feel the urge for something special at *any* time during your weight-loss program, you'll want to turn to the one-star Treat Yourself Thin dishes, those extra-special goodies specially created within a calorie range that won't spell disaster for all your efforts.

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Cover design by Anita G. Patterson and Karen A. Schell

ISBN 0-87857-539-1
BPM

Lose Weight Naturally Cookbook

Michael Seilmaier



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