Fruits & vegetables











Whole grains









Lean proteins







Low-fat dairy products









Healthy fats









Lowfat Fast

David Joachim

Lowfat Fast:

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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 preparation times nutrient analyses menu plans

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