

Fit SPECIAL

OVER 100 DELICIOUS, SLIMMED-DOWN RECIPES

Low Fat • No Fat

Cooking

Hearty, Healthy Meals
with a Fraction
of the Fat

Peach-Pear
Crumbler

Broiled Halibut
Cajun-Style

Fresh Tomato, Pasta
and Corn Chowder

Savory Soups and Stews
Mouthwatering Pastas
Delectable Desserts

Tomato-Pasta Salad Recipe



Low Fat And No Fat Cooking Cooking For Special Diets

David Baud



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