



**28-DAY**  
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# **LOW** **CHOLESTEROL** **COOKBOOK** **FOR BEGINNERS**



**1200**  
Days of Easy Heart Healthy Recipes to  
Manage Blood Cholesterol Levels,  
Promote Energy and Live Longer



**Audrey Robinson**



# Low Fat Cookbook

**Theo Hernandez**



## **Low Fat Cookbook:**

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Hall,2003-06-09 This cookbook features more than two hundred ultra low fat recipes that are easy delicious and ready to satisfy your hungry family In The Busy People s Low Fat Cookbook Dawn Hall shares a wide variety enticing recipes for busy home cooks looking to watch their weight With more than two hundred recipes this comprehensive cookbook covers every meal of the day with recipes that use only seven ingredients or less and take thirty minutes or less to prepare With step by

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**Secrets of Fat-Free Cooking** Sandra Woodruff,1995-01-01 Many no and low fat cookbooks on the market that reduce fat and calories by using artificial fat substitutes sweeteners and highly refined processed foods Secrets of Fat Free Cooking is a very different kind of cookbook The over 150 kitchen tested recipes were designed to help you create low and no fat dishes that are easy to prepare taste delicious and are high in nutritional value Delight your family and friends at breakfast lunch dinner and special occasions with this wide range of soups salads breads hors d oeuvres and desserts Find the secrets to making Golden French Toast Fresh Corn Chowder Pot Roast with Sour Cream Gravy Hearty Oven Fries Cranapple Acorn Squash Refreshing Fruit Pie and more most with less than 1 gram of fat per serving and all totally delicious Best of all Secrets of Fat Free Cooking shows you how to eliminate the fat in your own recipes so that you and your family can enjoy new healthier versions of family favorites

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