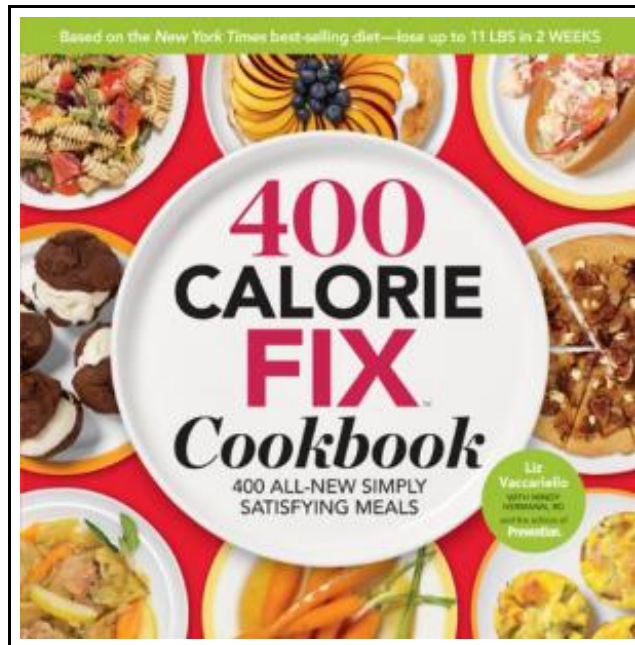


The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals



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Rodale Books. Hardcover. Book Condition: New. Hardcover. 368 pages. This is a cookbook that reaches far beyond listing ingredients and directions. It actually trains you how to divide your plate into perfect portions for your body and weight loss plan, spy hidden calories on the shelves at grocery stores, and equip yourself with the fundamental 400 Calorie Fix knowledge needed to maintain healthy eating habits and a healthy lifestyle. Even if youre on a tight schedule, youll be able to find quick menu items such as: A breakfast of Crpes with Strawberries, Bananas, and Nutella or Mexican Eggs BenedictDelectable lunchtime dishes like Turkey Chili Verde or Thai Beef SaladExquisite entres such as Steamed Mussels with White Wine and Garlic, Shrimp Arrabbiata, or Golden Roast Chicken with Lemon, Garlic, and RosemaryGet control of your calorie intake and get control of your life with the help of the 400 Calorie Fix Cook-book!Treat others the way you want to be treated has always been the golden rulea philosophy that should apply to your body, too! So treat it nicely and keep all of your meals at about 400 calories, and a happy, healthy weight is yours. Together with registered dietitian Mindy Hermann, coauthor of the bestselling Flat Belly Diet! series, Liz Vaccariello has come up with this super simple-to-follow weight loss plan that helps you eat satisfyingthough smartmeals whenever you want and wherever you are. I never really felt like I was on a diet. I always felt satisfied, and it didnt feel like I was making too many sacrifices. Sandi Hill, who lost 11 pounds in 2 weeksWhether you are pinched for time or you have all the time in the world and want to create a flavor-ful feast for your family, the 400 Calorie Fix Cookbook will guide you in making...



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