



How To Cook Yourself Healthy And Slim: Easy Recipes That Are Rich In Antioxidants And Low In Saturated Fat

Nessa Lee

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- It is a smart guide to cook fresh, delicious and nutritious meals.
- Recipes are simple, fast and healthy.
- Ingredients are inexpensive and easy-to-find. Grocery lists are short.
- Each recipe comes with a full-color food shot and easy instructions.

This book is all you'll need to learn how to cook light and satisfying dishes that make you thin.

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