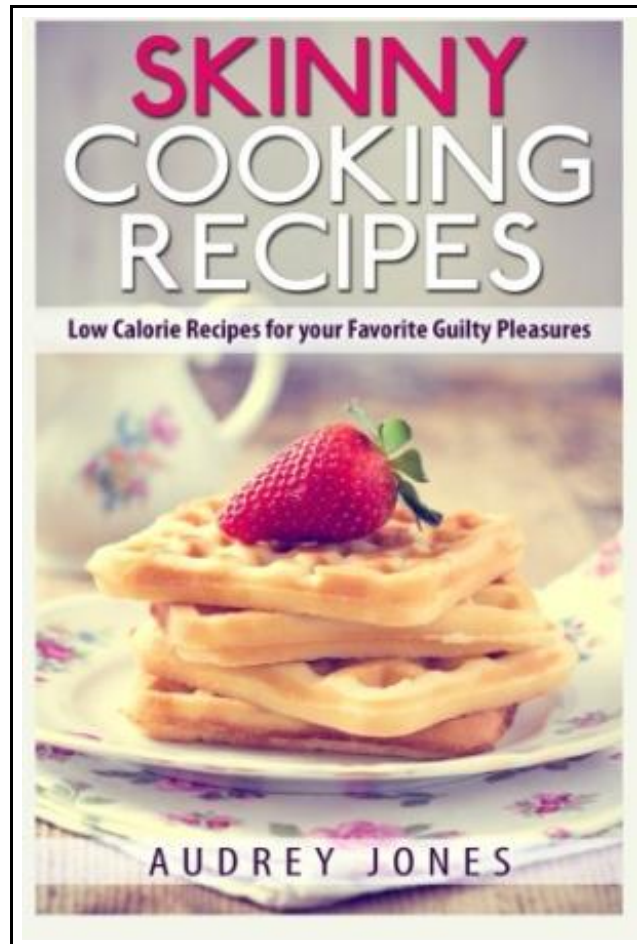


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Skinny Cooking Recipes: Low calorie recipes for your favorite guilty pleasures Learn how to change just a few ingredients in your favorite recipes to make your favorite delicious guilty pleasures into healthy, low calorie, still delicious meals * * * FREE Bonus recipe book included * * * Do you want to lose weight? Do you want to eat healthier, But you just hate the taste of diet food? Have you gone through diet after diet, trying every fad diet you can think of, and they never work because all you want is some macaroni and cheese or mashed potatoes? Well, then, this book is for you!!!! You don't have to diet anymore. You can lose weight and eat healthy and still eat all the macaroni and cheese, pizza and burgers that you want. Don't believe me? Well. Here is the secret: all you have to do is make some small, simple and smart substitutions in your favorite fatty, sugary, unhealthy and delicious foods. You just have to eat smarter, not less, and you'll lose all the weight you want and be healthier and happier and ever. You just need to know what to substitute that will increase the nutritional value, lower the calories and still keep everything tasting great. and this book will show you how!! Here Is A Preview Of some of the recipes in this book. skinny coleslawskinny sweet potato friesskinny blueberry muffinsskinny ceaser salad with avocado dressingckinny oatmeal cookieskinny mashed cauliflowerskinny creamy chicken soupsskinny macaroni and cheesekinny lasagnaskinny mushroom meatloafskinny vegetable chilliskinny fettuccine alfredoskinny un-fried chickenskinny cauliflower rice skinny tofu burgersskinny waffles with strawberry syrupskinny kale chipsskinny banana ice creamskinny milk...

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