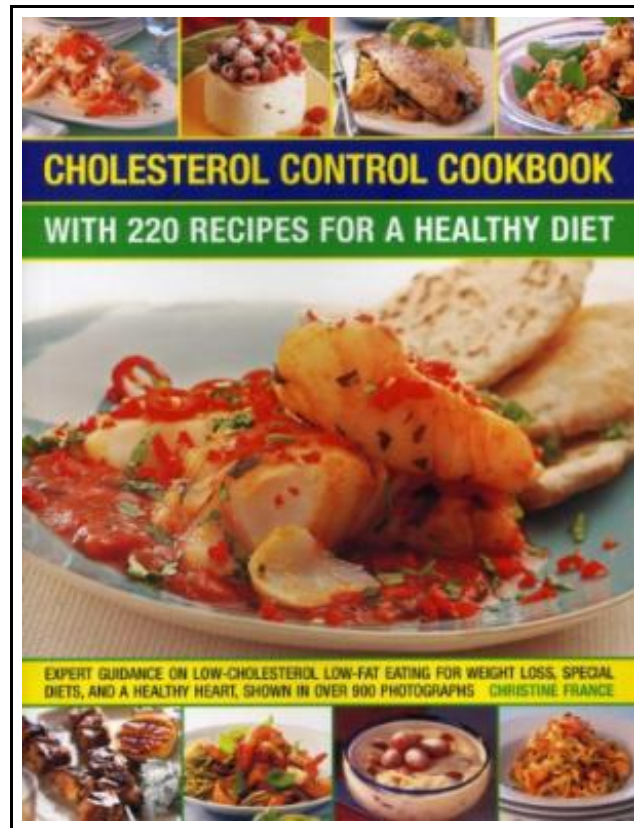


Cholesterol Control Cookbook: With 220 Recipes for a Healthy Diet: Expert Guidance on Low-Cholesterol, Low-Fat Eating for Weight Loss, Special Diets, and a Healthy Heart, Shown in Over 900 Photographs



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Reviews

Complete guide! Its such a excellent read through. It is full of wisdom and knowledge I am very happy to inform you that here is the very best pdf i have got study inside my very own daily life and might be he very best pdf for possibly.

(Mr. Ronaldo Kulas)

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Hermes House. Paperback. Book Condition: new. BRAND NEW, Cholesterol Control Cookbook: With 220 Recipes for a Healthy Diet: Expert Guidance on Low-Cholesterol, Low-Fat Eating for Weight Loss, Special Diets, and a Healthy Heart, Shown in Over 900 Photographs, Christine France, This book offers expert guidance on low-cholesterol, low-fat eating for weight loss, special diets, and a healthy heart, shown in over 900 photographs. This is a collection of delicious, low-cholesterol and low-fat dishes for every kind of meal, from weekday stand-bys and family suppers to special occasions and entertaining. It includes recipes for appetizers and snacks; fish and meat-based main dishes; pasta, pulses and grains; as well as hot puddings and desserts; and cakes and breads. Full nutritional breakdowns are given for each recipe, showing cholesterol, calorie, and fat content by portion. Eating for a healthy heart means reducing saturated fat and cholesterol, and the recipes in this book have been specially created to provide a wonderful range of dishes for everyday eating. The recipes can be cooked with the minimum of fuss, and there are dishes that are perfect for mid-week meals, such as Tuna and Corn Fish Cakes, and Caribbean Chicken Kebabs. The book also includes more sumptuous recipes for a supper or dinner party, such as Moroccan Spiced Roast Poussin, or Pan-fried Mediterranean Lamb. Clear step-by-step photographs throughout mean that it has never been easier to eat healthy, and tempting, low fat food.



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