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Lowfat High Fiber Recipe

Linda Page



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reduced sugar recipes and nutritional information for such diabetic safe treats as chocolate almond cannoli cake apple raisin bread pudding old fashioned peanut butter cookies cherry apple crisp and chocolate pecan biscotti **Rosemary Conley's Low Fat Cookbook** Rosemary Conley,1999 Now in paperback Rosemary Conley stresses the need for a healthy lifestyle to be combined with healthy nutritious meals and regular exercise This book provides all you need to know to produce low fat food from the start of the day to last thing at night The recipes include nutritional background plus techniques and hints

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Sunset Low-fat Cook Book Sunset Books,1992 Contains recipes for 100 low fat dishes and health conscious menus for all occasions **Low-Fat Living** Robert K. Cooper,Leslie L. Cooper,1998-05-15 Endorsed by the Editors of Prevention Health Books This book replaces dieting with fat burning with an easy to follow lifestyle plan that will work for the entire

family and dozens of mouthwatering recipes that ensure you'll never miss the fat you're skipping. All based on the very latest worldwide research. With the Low Fat Living program you'll steadily burn more fat 24 hours a day. And you'll realize the health bonuses immediately. Lower your blood pressure and reduce cholesterol levels. Reduce the chances of heart disease, stroke, diabetes, and cancer. Have less fatigue and more energy. Dr. Robert K. Cooper's remarkable new program reveals the simple elements of success. Food so delicious you'll never long for extra fat. Exercise so easy you can chat while you're doing it. Ways to power up for fat burning as easily as flicking a switch. The most efficient toning techniques ever discovered.

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