

## Cook This, Not That! Skinny Comfort Foods: 125 quick & healthy meals that can save you 10, 20, 30 pounds--or more!



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### **Reviews**

*Merely no words and phrases to describe. I really could comprehend almost everything using this created e.pdf. Your daily life period will be change once you full reading this ebook.*

*(Mr. Ladarius Stoltenberg)*

## **COOK THIS, NOT THAT! SKINNY COMFORT FOODS: 125 QUICK & HEALTHY MEALS THAT CAN SAVE YOU 10, 20, 30 POUNDS--OR MORE!**



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Rodale Books, 2012. Soft cover. Condition: New. New & dispatched within 1 working day \_\_\_\_\_ The authors of *Eat This, Not That!* take their winning no-diet weight-loss formula into the kitchen to teach readers how to enjoy all of their favourite comfort foods at a fraction of the price and the calorific impact. *Cook This, Not That! Skinny Comfort Food* will convince readers that cooking meals at home is one of the easiest, most effective and cost-efficient ways to lose weight fast and dramatically improve the nutritional health of their families. And what better way to do it than by showing them how to make over their favourite belly-filling comfort foods to reduce fat and calories and boost nutritional content all without giving up flavour!.



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