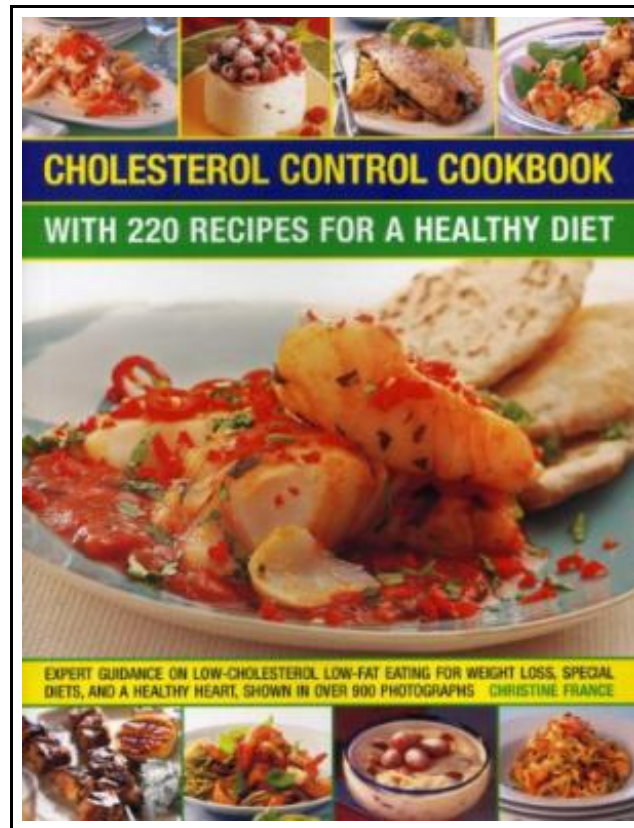


Cholesterol Control Cookbook: With 220 Recipes for a Healthy Diet: Expert Guidance on Low-Cholesterol, Low-Fat Eating for Weight Loss, Special Diets, and a Healthy Heart, Shown in Over 900 Photographs



Filesize: 5.65 MB

Reviews


Absolutely essential go through publication. Yes, it really is engage in, nevertheless an amazing and interesting literature. Its been developed in an exceptionally straightforward way and it is simply following i finished reading this publication through which actually changed me, change the way i really believe.


(Vergie Hyatt)

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



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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