



Food Lovers Weight Loss Cookbook

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Food Lovers Weight Loss Cookbook

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From the editors of Health Magazine, a weight loss cookbook with a simple message: You don't have to sacrifice flavorful food for good health. Slim down! Look great! Feel great! Keep the pounds off forever with over 300 kitchen-tested, great-tasting recipes you and your family will enjoy for a lifetime. Recipes include prep and cook times and complete nutritional analysis and diabetic exchanges.

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