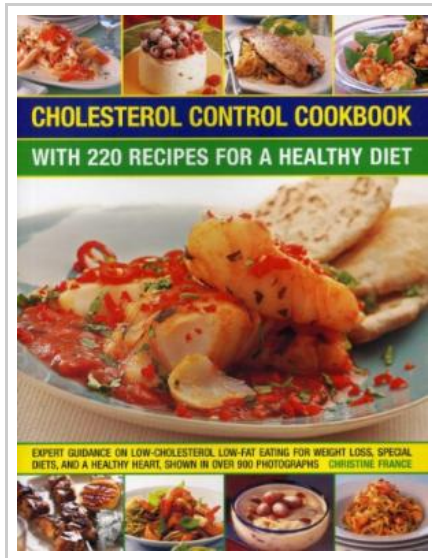




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Cholesterol Control Cookbook: With 220 Recipes for a Healthy Diet: Expert Guidance on Low-Cholesterol, Low-Fat Eating for Weight Loss, Special Diets, and a Healthy Heart, Shown in Over 900 Photographs

By Christine France

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...

Reviews

This is the finest publication we have read through right up until now. Better then never, though i am quite late in start reading this one. Its been written in an remarkably easy way in fact it is only after i finished reading through this book by which basically altered me, affect the way i think.

-- Dr. Gabriella Hayes

The publication is easy in read better to understand. It is writter in basic words and phrases rather than hard to understand. You wont truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

-- Kaya Rippin

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