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Cooking Light The Food Lover's Healthy Habits Cookbook: Great Food & Expert Advice That Will Change Your Life

By Helm, Janet; Editors of Cooking Light

Oxmoor House, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Pasta? Pancakes? Pizza? It's time to say "hello" to forbidden foods and "see you later" to fad diets! The Food Lover's Healthy Habits Cookbook by nutrition expert Janet Helm, MS, RD and the editors at Cooking Light proves that, with the right tools, delicious and healthy can happily coexist in any lifestyle. This unique collection of more than 250 road-tested recipes, tips and solutions has done all of the thinking for you. Each section dishes up brand-new secrets to living a healthier life, straight from more than 50 nutrition and fitness experts, bloggers, chefs and Cooking Light readers.



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