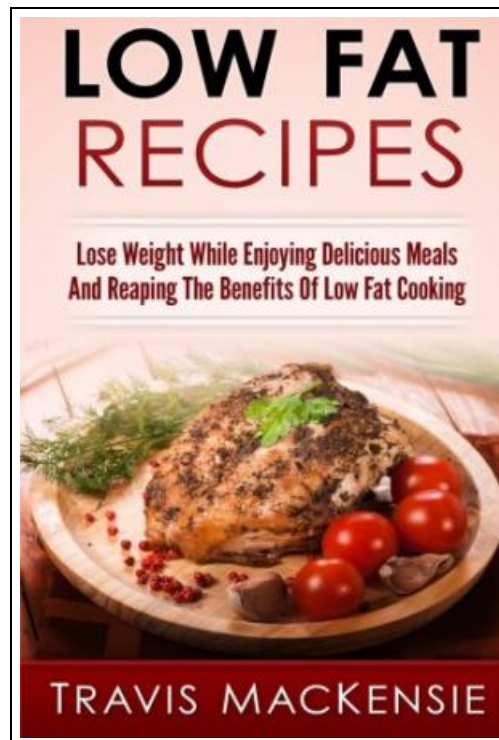


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Low Fat Recipes Lose Weight While Enjoying Delicious Meals And Reaping The Benefits Of Low Fat Cooking We live in a world where we are constantly bombarded with easy food choices that are unhealthy for us. Many of these types of foods are loaded with the kind of fat that is really detrimental to our health. These are the dangerous fats that can make you overweight, create cardiovascular issues, lead to pancreatic disorders or worse. In spite of this situation, you should know that you have options for food that is both tasty and good for you. Welcome to the world of low fat cooking. Not all fat is bad, there is such a thing as good fat and bad fat in this world. By eating the types of food with good fat, we can have meals that are tasty, without feeling like you re dieting yet enjoying healthful benefits like low cholesterol. A lot of times when people say they re dieting to lose weight, it conjures up images of eating boring food, eating like a rabbit, or just not enjoying the food you re eating because a myth that has been ingrained in our minds that, if you re eating diet food, it must not taste good. Nothing could be further from the truth. By using the right ingredients in your meals, you can come up with tasty, delicious meals that you ll eat again and again. And all the time you re losing weight because you re eating meals that have low fat, low cholesterol, meals that are healthy for you. And so, I got the idea to create a low fat cookbook that would allow...



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