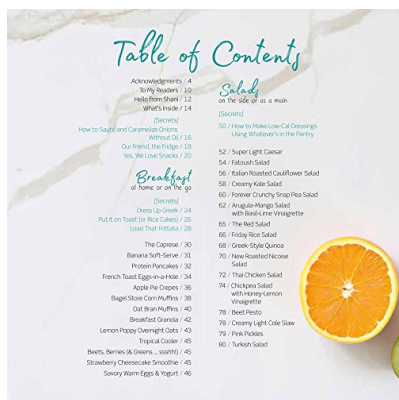


[PDF] Secrets Of Skinny Cooking: Mouthwatering Recipes You Won't Believe Are Low Calorie

Victoria Dwek, Shani Taub C.D.C. C.N. - pdf download free book



Books Details:

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Description:

You Won't Believe It's Low-Calorie!

From that moist Corn Muffin you grab for breakfast, to your creamy Eggplant Parmesan for lunch, to your Sesame Chicken & Lo Mein for dinner... enjoy all your favorite dishes, now surprisingly low in calories!

Did you know that low-calorie dishes can be just as enjoyable as those with lots of calories? Now they finally are! In *Secrets of Skinny Cooking*, Victoria and Shani show you how you can savor exciting, flavorful, and filling meals... all for a fraction of the calories they'd typically be.

Secrets of Skinny Cooking features:

Over 135 delicious and easy-to-prepare recipes, with breathtaking photos for each dish
Secret techniques and tips for zapping the calories from any dish ... without zapping the flavor (such as, "How to Saute and Caramelize Onions Without Oil.")
Make ahead info, family-friendly adaptations, and cooking tips from Victoria
Nutritional information, advice, and motivation from Shani
Plenty of gluten-free, sugar-free, low carb, Whole30, and Paleo options
Every meal is covered! Enjoy filling breakfasts, super light salads, 5-ingredient veggie sides, friendly carbs, satisfying soups, creamy and dreamy dairy dishes, filling and flavorful mains, and even sweet treats.

Whether you've always enjoyed light, healthy eating, or want to lose or maintain weight, *Secrets of Skinny Cooking* offers more options than you ever thought possible, including a Strawberry Cheesecake Smoothie, No-Cal Sushi, Ramen Noodle Bowl, Pulled Chicken Tacos, and Salmon with Techina Sauce even Creme Brulee for dessert. There are so many you'll want to try. Why settle for bland dietetic food when you can enjoy the delectable dishes of *Secrets of Skinny Cooking*?

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