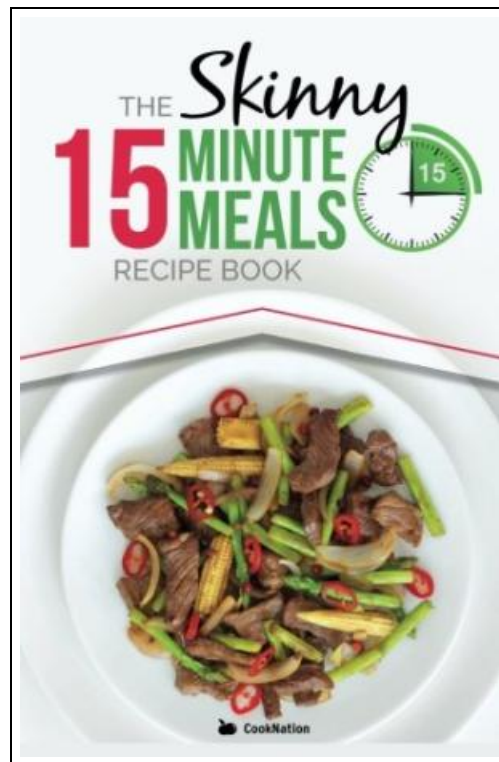


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Bell Mackenzie Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Skinny 15 Minute Meals Recipe Book Delicious, Nutritious Super-Fast Low Calorie Meals in 15 Minutes Or Less. All Under 300, 400 500 Calories. In our fast paced way of life, healthy, balanced and nutritious meals are often the first thing to be compromised. I haven t got time to cook , I ll eat on the go or I ll skip lunch and eat later are just some of the excuses we all use throughout our hectic lives resulting in poor diet choices, sluggishness and weight gain. If you are following a diet, meal choices can become even more difficult and the added pressure of finding time to prepare food can cause you to fall at the first hurdle. Here s the good news! If you are time-poor but want to eat healthy, delicious and nutritious meals every day.you can, and all in 15 minutes or less! The Skinny 15 Minute Meals Recipe Book brings 70 breakfast, lunch and dinner recipes to the table in 15 minutes or less and all below 300, 400 or 500 calories each. Each recipe serves 2 and is big on flavour and nutrition - no compromises. If you think you haven t got time to cook. think again! You can be eating delicious skinny, fat burning meals every day in just 15 minutes. You may also enjoy other titles from the innovative Skinny calorie-counted series. Just search CookNation .



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