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Lighter: Over 1000 Lightened Up Recipes

by Dr. Kaylan C. McKinney

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Eating healthier is easy when you take the LIGHTER approach to cooking. Whether you're trying to lose weight or just eat healthier, this cookbook can simply make it easier, with a realistic and simple approach to the foods we already know and love. It's a very down-to-Earth method of cooking healthier with using lighter, easy to find ingredients and lighter, straight forward cooking methods without sacrificing taste. You'll find healthier, lightened-up versions of favorite recipes, which makes eating healthier simpler and enjoyable. With well over 1000 recipes to choose from, you're sure to find many favorites. This is not about dieting or food restriction. It's a smart, leaner, common sense approach to food that makes healthy eating easy and enjoyable. Healthy cooking doesn't have to be complicated, restrictive or expensive. It just needs to be a little smarter. Easy.

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