

[PDF] Now Eat This!: 150 Of America's Favorite Comfort Foods, All Under 350 Calories

Rocco DiSpirito - pdf download free book



Books Details:

Title: Now Eat This!: 150 of America
Author: Rocco DiSpirito
Released: 2010-03-02
Language:
Pages: 272
ISBN: 0345520904
ISBN13: 9780345520906
ASIN: 0345520904

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Description:

Fried chicken, macaroni and cheese, brownies, and 147 other favorite recipies under 350 calories.

In this delectable cookbook, award-winning chef Rocco DiSpirito transforms America's favorite comfort foods into deliciously healthy dishes—all with zero bad carbs, zero bad fats, zero sugar, and maximum flavor. What's more, Rocco provides time-saving shortcuts, helpful personal advice, and nutritional breakdowns for each recipe from a board-certified nutritionist. So prepare your favorite foods without the guilt. Finally, a world-class chef has made healthy food taste great!

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