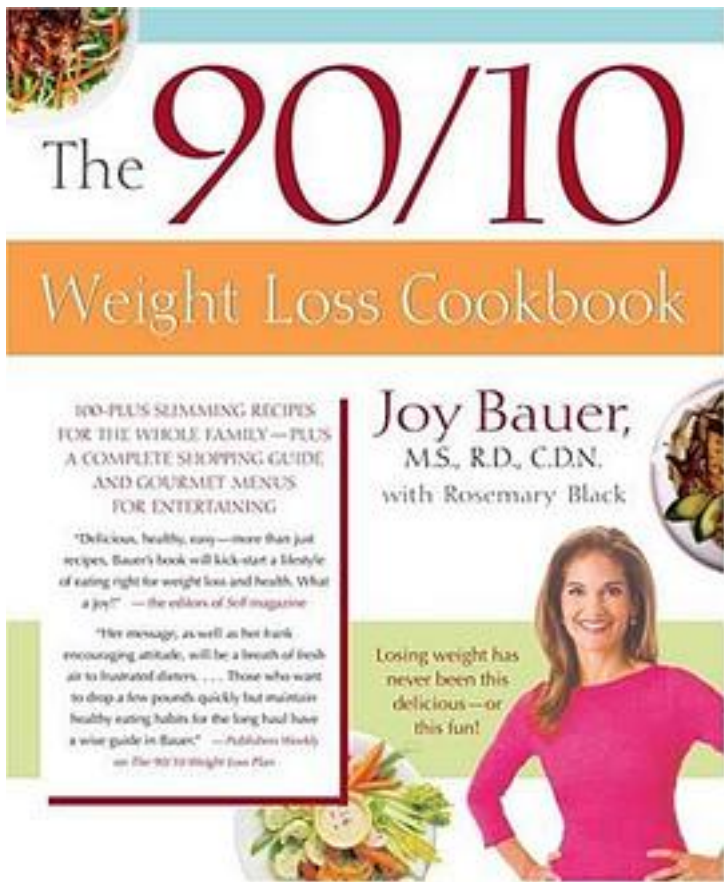


The 90/10 Weight Loss Cookbook



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著者:Joy Bauer

出版者:St. Martin's Griffin

出版时间:2005-02-01

装帧:Paperback

isbn:9780312336028

Joy Bauer, New York City's hottest nutrition guru, has taken the nation by storm with The 90/10 Weight-Loss Plan. Now, Joy reveals the secrets to creating meals that will help you lose weight and keep it off. Following the 90/10 plan--an easy, balanced diet of 90% nutritious food and 10% Fun Food-Cooking with Joy is the perfect book for those looking to create healthy at-home meals. Only Cooking with Joy features:*Over

100 recipes for breakfast, lunch, dinner, AND DESSERT!* Joy's Guide to Navigating the Grocery Store*Kids in the Kitchen--a chapter devoted to kid-friendly meals and snacks.

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