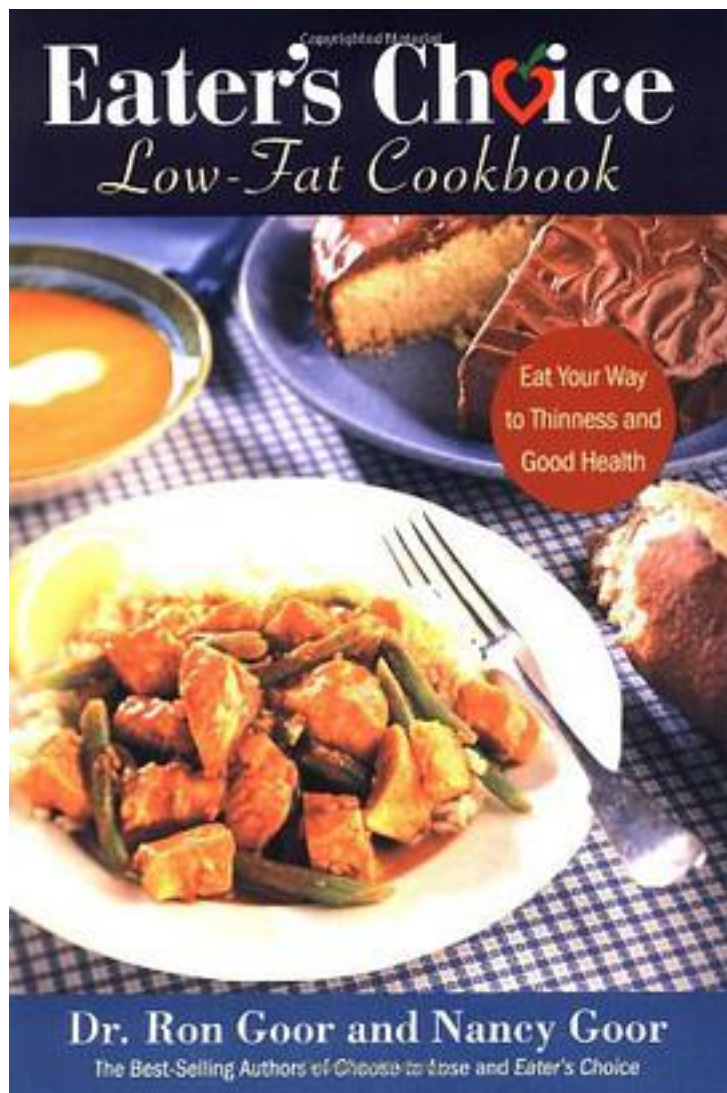


# Eater's Choice Low-Fat Cookbook



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More than 300 scrumptious, heart-healthy recipes from the kitchen of the best-selling authors of Choose to Lose and Eater's Choice. Long acclaimed as the nation's leading authorities on healthful eating, Dr. Ron and Nancy Goor have assembled, for the first time under one cover, the finest recipes in their repertoire: appetizers, soups, salads, main courses, and desserts so delicious you won't believe they are actually good for you. To help you monitor dietary fat and cholesterol, each recipe is accompanied by a full analysis of calories and fat, and every one bears the user-friendly stamp that runs through all the Goors' books and has made them million-copy bestsellers. The instructions are foolproof and clear, so even beginners will have no trouble turning our luscious, heart-healthy meals. Techniques have been streamlined, prep times have been minimized, and ingredients are available in any supermarket. Everyone can now eat well.

作者介绍:

目录:

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