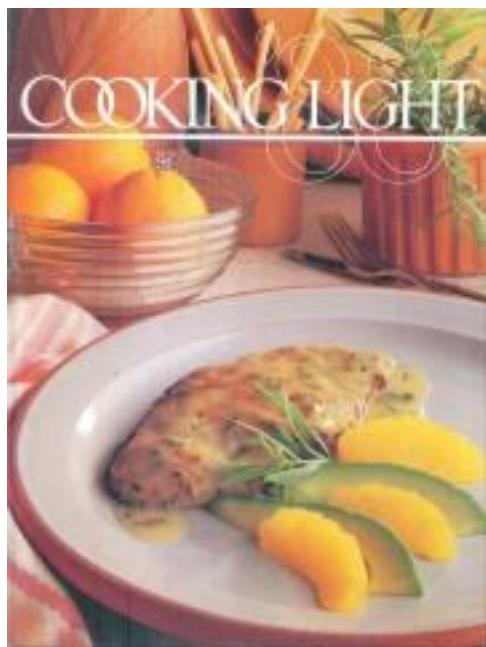


Cooking Light



[Cooking Light 下载链接1](#)

著者:

出版者:

出版时间:

装帧:

isbn:9780848707149

The cookbook of food and fitness

with

- ~ The latest scientific evidence for living well
- ~ Nutrition guidelines for health maintenance
- ~ Tips for lowering calories in your favorite recipes
- ~ Over 450 recipes analyzed for calories and seven essential nutrients

~ Menus that celebrate the light revolution in American cuisine:
Breakfast and Brunch! Quick and Easy! Microwave It Light!
That's Entertaining!
~ An easy-to-fill prescription for cardiovascular fitness
~ Marketplace reviews for health-conscious shoppers
and introducing
Cooking Light menu plans calculated for 1200 and 1600 calories

作者介绍:

目录:

[Cooking Light 下载链接1](#)

标签

评论

[Cooking Light 下载链接1](#)

书评

[Cooking Light 下载链接1](#)