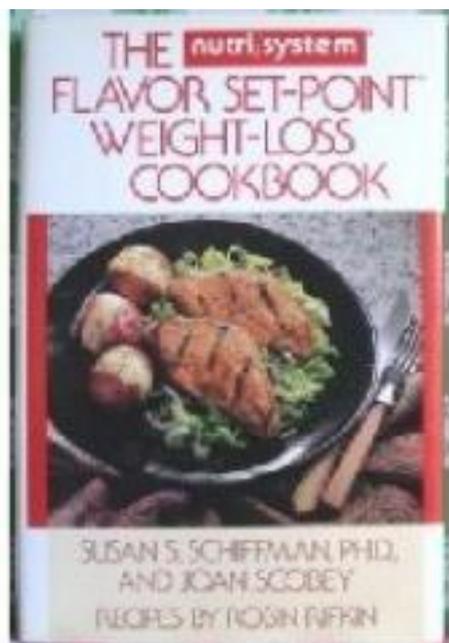


# The Nutri/System Flavor Set-Point Weight-Loss Cookbook



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著者:

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Nutri/System is a widely popular diet plan offered at national weight-loss centers. The program is based on Schiffman's theory that everyone has an individual "set point" need for flavor and texture in food. These 250 recipes--low in calories, salt, and fat--are indeed full of intense flavor and designed to emphasize contrasting textures and tastes. Herbs and spices are important, and inspirations come from a wide range of cuisines. The appeal of these healthful, fairly sophisticated, and varied dishes should not be limited to those on the diet plan. Previewed in Prepub Alert, LJ 10/1/89.

作者介绍:

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