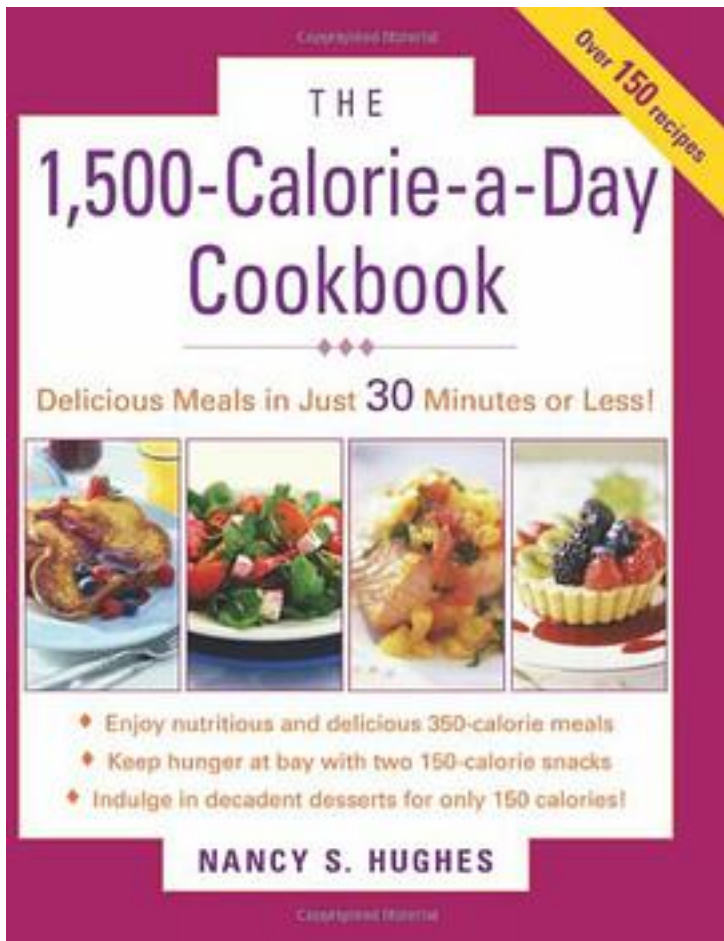


# The 1500-calorie-a-day Cookbook



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Eat up. Slim down. It's just that easy--with just 1,500 delicious calories a day! From the author of The 1,200-Calorie-a-Day MenuCookbook, comes all new recipes for when you are counting calories but don't want to sacrifice flavor, taste, or variety. While most

low-calorie meal plans leave you hungry for more, this cookbook serves up a satisfying selection of energy-boosting breakfasts, fast-fix lunches, and delectable dinners--plus two healthy snacks and one guilt-free dessert--every single day! It's hard to believe it's just 1,500 calories.

作者介绍:

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