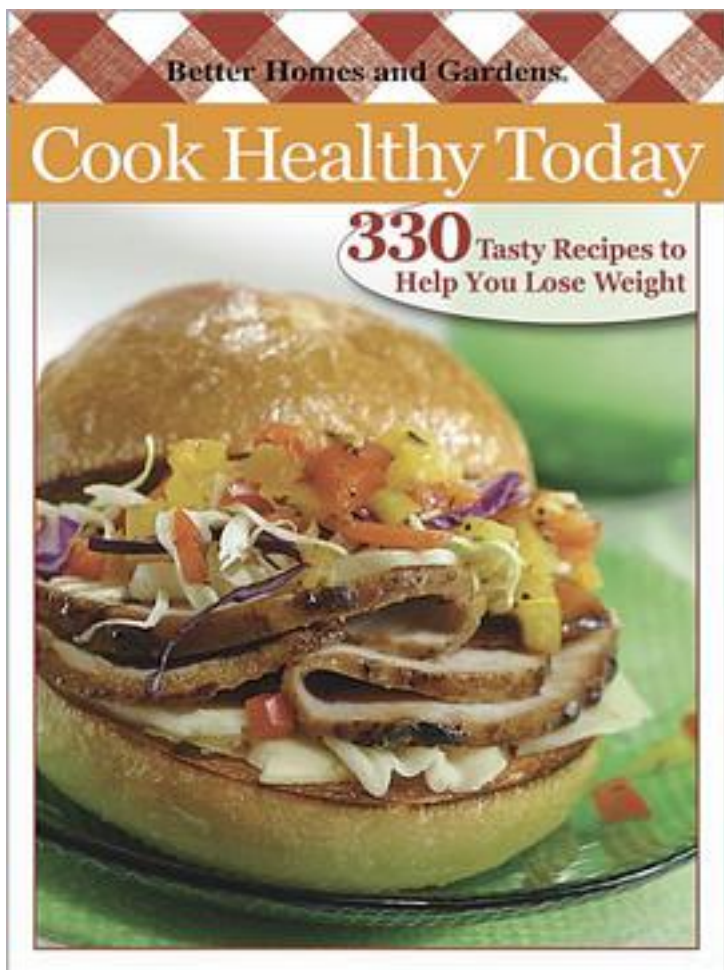


# Cook Healthy Today



[Cook Healthy Today\\_ 下载链接1](#)

著者:Thomas, Kristi M. 编

出版者:

出版时间:2008-7

装帧:

isbn:9780696241994

330 great-tasting recipes to help you drop pounds and stay on track with your eating plan. 330 beautiful full-color photos. Helpful recommendations from experts for weight

loss success. Unique recipe chapters, such as Slimmed-Down Favorites, Quick Weekday Meals, Low-Calorie Holidays, and Kids' Favorites. Formulas to help you figure out your calorie needs. Nutrition information with every recipe, including diabetic exchanges.

作者介绍:

目录:

[Cook Healthy Today\\_ 下载链接1](#)

标签

评论

-----  
[Cook Healthy Today\\_ 下载链接1](#)

书评

-----  
[Cook Healthy Today\\_ 下载链接1](#)