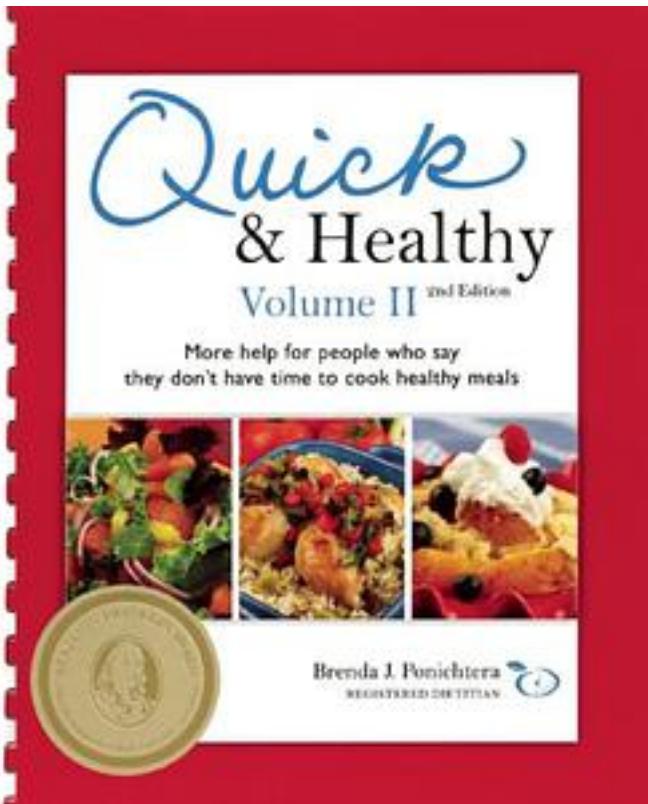


Quick & Healthy, Volume 2

Quick & Healthy Volume II 2nd Edition

Brenda J. Ponichtera
REGISTERED DIETITIAN



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Over 750,000 copies of Quick and Healthy Vols. I and II sold. This second edition of this best-seller includes ten weeks of easy low-fat dinner menus, each with a grocery list AND over 100 menus listed by category. Designed for busy people with lots of good intentions and little time to cook, Volume II also offers over 200 easy, low-fat recipes and lots of tips to make healthy eating easier than ever. It includes practical nutrition information to improve your health, including tips to reduce fat, guidelines for changing recipes, tips for eating out and holiday guidelines; a worksheet for

determining ideal weight, calorie needs and recommended fat grams; recipes listed by grams of carbohydrate; food exchanges for weight loss and diabetes; and much more. It's also perfect for anyone wanting to lose weight or anyone with heart disease or diabetes. Quick and Healthy Volume II and its companion, Quick and Healthy Recipes and Ideas, are both Benjamin Franklin Award winners and are two cookbooks dietitians and physicians are recommending to all their patients. "My patients love cooking with this cookbook "Quick and Healthy Volume II "is a great addition to any kitchen" " Georgia Kostas, MPH, RD, Nutrition Director, Cooper Clinic, Dallas, TX" My favorite cookbooks focused on healthy, quick recipes include the Quick and Healthy series by Brenda J. Ponichtera. "-David L. Katz, MD, director of Yale-Griffin Prevention Research Center, medical consultant for ABC News, and columnist for O, The Oprah Magazine

作者介绍:

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