



## **Quick & Healthy Volume II: More Help for People Who Say They Don't Have Time to Cook Healthy Meals, 1st Edition (Plastic comb)**

*Brenda J. Ponichtera*

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This Benjamin Franklin award-winner is designed for busy people with good intentions and little time to cook. Target audience is families who want to eat more healthfully, as well as those with diabetes, heart disease or anyone wanting to lose weight. It is the companion to Quick & Healthy Low-fat, Carb Conscious Cooking.

### **SPECIAL FEATURES INCLUDE:**

- Over 180 quick-to-prepare, low-fat recipes
- Five weeks of menus with corresponding grocery lists
- Tips for trimming fat from your diet
- Listing of common food and fat grams
- Steps to determine ideal weight, calorie needs and recommended fat grams
- Handy diary for keeping track of daily fat intake
- Detailed nutritional analysis for each recipe, including
  - .....food exchanges for weight loss and diabetes
  - .....fiber, carbohydrate, fat, and more
- Conventional and microwave directions
- Exercise Tips

For people with busy lifestyles who want to eat delicious, healthy meals with minimal time in the kitchen, Quick & Healthy Volume II is a great place to begin.

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