

## Cook Yourself Thin Quick and Easy: Shift the bulge and still indulge with over 100 new recipes (Paperback)



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### **Reviews**

*This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.*

**(Estrella Howe DVM)**

## COOK YOURSELF THIN QUICK AND EASY: SHIFT THE BULGE AND STILL INDULGE WITH OVER 100 NEW RECIPES (PAPERBACK)



Penguin Books Ltd, United Kingdom, 2009. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Indulge yourself . . . while dieting? Cook Yourself Thin Quick and Easy is filled with delicious recipe ideas that transform the meals you love into super healthy dishes. It's time to ditch the unrealistic diets that leave us feeling hungry, and discover the easiest, most enjoyable way to lasting weight loss. Following the amazing success of the first book by the Cook Yourself Thin team comes this brand-new collection of over 120 recipes, plus fantastic tips and real-life success stories. By popular demand there is an entire chapter devoted to chicken, more tempting desserts, family favourites, spaghetti Bolognese, chilli con carne, lamb hotpot . . . even guilt-free chocolate fudge brownies and lots of mouth-watering meals in minutes for quick and easy mid-week menus. Finally, a diet to savour . . . Their lose-weight philosophy is simple: shift the bulge and still indulge! You can see why we're giving it five stars. Heat Enjoy good grub at a fraction of the calorie cost. The Sun.



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