



The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts

By Nancy Hughes

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The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts By Nancy Hughes

Imagine savoring three delicious, satisfying meals every day without worrying about counting calories or calculating fat grams. Now you can enjoy hundreds of combinations of tempting, flavorful breakfasts, lunches, dinners--even desserts--*all for only 1200 calories a day.*

Every dinner contains no more than 400 calories per serving. Each breakfast and lunch contains only 350 calories per serving, and every delicious dessert contains just 100 calories per serving. All you have to do is select the meals you want to combine for any particular day.

Choose from such low-calorie offerings as:

- Buttermilk pancakes with blueberry sauce, canadian bacon, and sliced oranges
- Roast beef salad with blue cheese in pitas and fresh apple slices
- Sliced turkey with mushroom gravy, whipped potatoes, peppered peas, and apricot halves
- Raspberry-kissed pears in phyllo nests

Each low-calorie, low-fat recipe includes easy-tofollow instruction and fat grams per serving. Many recipes can be prepared in 15 minutes or less.

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Editorial Review

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Hughes breaks the 1,200 calories a day into breakfast and lunch recipes that contain no more than 350 calories each, dinner recipes that contain no more than 400 calories, and dessert recipes that contain only 100 calories. The majority of the meals contain 20 percent or less of their total calorie content from fat; all contain less than 30 percent. The totals are listed with each recipe. Hughes, author of three other cookbooks, insists this is not a diet plan but rather a comprehensive collection of recipes that can be used to limit calorie and fat intake. Many of the recipes can be prepared in 15 minutes or less. *George Cohen*

About the Author

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From reader reviews:

Madeline Wayt:

The feeling that you get from The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts could be the more deep you looking the information that hide inside the words the more you get considering reading it. It does not mean that this book is hard to comprehend but The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts giving you buzz feeling of reading. The writer conveys their point in certain way that can be understood simply by anyone who read this because the author of this reserve is well-known enough. This kind of book also makes your own vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We suggest you for having this kind of The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts instantly.

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The publication untitled The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts is the book that recommended to you to see. You can see the quality of the book content that will be shown to an individual. The language that writer use to explained their ideas are easily to understand. The author was did a lot of investigation when write the book, so the information that they share for your requirements is absolutely accurate. You also can get the e-book of The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts from the publisher to make you considerably more enjoy free time.

Teresa Spillman:

Precisely why? Because this *The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts* is an unordinary book that the inside of the publication waiting for you to snap it but latter it will zap you with the secret the item inside. Reading this book close to it was fantastic author who write the book in such amazing way makes the content inside of easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking means. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

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