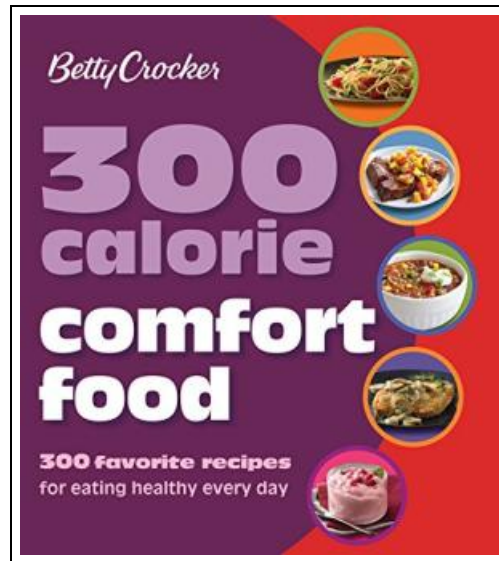


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BETTY CROCKER 300 CALORIE COMFORT FOOD: 300 FAVORITE RECIPES FOR EATING HEALTHY EVERY DAY



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Houghton Mifflin Harcourt (HMH). Paperback. Condition: New. 336 pages. Dimensions: 8.9in. x 7.9in. x 0.9in. Enjoy the comfort food you crave while keeping calories in check! Yes, you can fit your favorite foods into a calorie-smart eating plan. No matter what your goals, with this collection of hundreds of recipes each just 300 calories or less per serving, Betty Crocker makes it easy to fill your weekly routine with stick-to-your bones meals that are delicious and simple to prepare. Whether you're craving substantial breakfasts and lunches like Huevos Rancheros Quesadillas and Asian Turkey Burgers, filling dinner options like Lasagna Cupcakes and Easy Chili Mole, or tempting snacks or desserts (each under 150 calories!), this cookbook is a one-stop shop for the dishes your family will love. Inside you'll find: 300 recipes for main courses, sides, desserts and snacks to keep you eating well every day. Clearly marked calorie counts and full nutrition information for all recipes, plus tips on swapping high-calorie ingredients for healthier options. Guidance on determining your daily calorie number, right-sizing food portions, and selecting the healthiest ingredients at the grocery store. Special chapters on slow cooker suppers, grilling, and breakfast and brunch. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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