



300 Calories or Less - Naturally Delicious Light Meal Ideas: Yummy Low-Calorie Recipes for Weight Loss and Healthy Blood Sugar Levels (Paperback)

By 300 Calories or Less

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Low-calorie cooking is an art. When trying to create meals around a specific calorie budget, you can no longer throw a bunch of ingredients together based solely on how the final dish is going to taste. With this realization comes the fact that fettuccini Alfredo and meat lovers pizza are off-limits for a low-calorie dieter. For inexperienced low-calorie dieters, the solution is often very simple: have a salad. Yet, a large salad with chicken, cheese, croutons and creamy dressing can contain 600-800 calories. Instead, try one of our alternative soup, salad or light meal options. They all contain 300 calories or less, but don't let that fool you into thinking you'll be eating rabbit food. Our recipes let you enjoy nuts, olive oil, and -yes- bacon! The key is to balance them out with low-cal greens. Forget the store-bought salad dressing and dive into the world of flavorful, healthy low-calorie cooking. This book features recipes loaded with veggies, fruits, lean meats and eggs for endless possibilities. Begin your journey to mastering the art of low-cal cooking...



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