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Low Fat Cooking: Lose Fat with Clean Eating and the Belly Fat Diet (Paperback)

By Margarete Aguilera, Tabitha Stich

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Low Fat Cooking: Lose Fat with Clean Eating and the Belly Fat Diet The Low Fat Cooking book covers two diets, the clean eating diet and the belly fat diet. Both diets offers recipes that are low in fat to help you lose weight. Each diet plan calls for fresh fruits and vegetables, high fiber foods and lean meats. These nutritious foods help to boost the metabolism, which helps to burn more calories. There is a huge variety of recipes for breakfast, lunch, supper, beverages, and snacks and desserts to plan meals for a couple of weeks ahead of time. The first section covers the clean eating diet with these categories: The Clean Diet, Benefits of Clean Eating, Alternative Food Types, Tips for Eating Clean and Healthy, 5 Day Sample Planner for Day to Day Meals, Breakfast Recipes, Quick and Easy Lunches, Main Meal Recipes, Side Dishes, Desserts, Snacks, and Beverages. A sampling of the recipes includes: Peachy Spritzer, Vanilla Lovers Granola, Classy Carrot Cake, Stuffed Zucchini Boats, Crispy Fish Fillets with Lemon Dip, Touch of...



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