



Classic 1000 Calorie-Counted Recipes

Carolyn Humphries

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Eat what you want, enjoy the food and lose weight. This massive exercise in imaginative recipe creation has produced a book with which to plan new and exciting eating every week. Here you have an easy, no-effort calorie control system which will guarantee that you lose the weight - if you just use it. But more importantly, it will keep you at your new weight - if you just continue to use it.

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