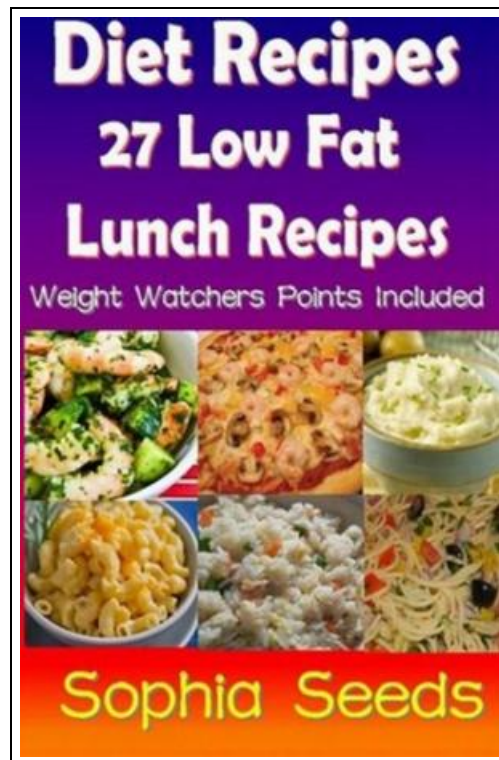


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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Low-fat eating remains the most popular and medically sound way to lose weight and maintain good health. I've picked out Top 27 low fat diet recipes you can prepare for lunch meals. Weight watchers points are also included. Point values are given for every recipe based on the nutritional makeup of the dish. Foods that are rich in protein and fiber are assigned less points, and they represent the most filling way to spend your points. Foods that are rich in fat and carbohydrates have a higher point value. In this book, you can start making these 27 delicious lunch recipes for yourself and family. 1. Delicious Crab Salad 2. Summer Squash Zucchini Soup 3. Baked Salmon 4. Ginger Mushroom Chicken 5. Mashed Potatoes with Garlic 6. Shrimp Mushroom Pizza 7. Meatballs 8. Mandarin Pineapple Fruit Pudding 9. Broccoli Salad 10. Cucumber Shrimp Salad 11. Cheesy Cauliflower Salad 12. Hamburger Stroganoff 13. Macaroni and Cheese 14. Cheese Vegetable Lasagna 15. Peas Carrot Fried Rice 16. Easy Spaghetti salad 17. Mexican Taco Soup 18. Cheesy Broccoli Soup 19. Au Gratin Potatoes 20. Delicious Crab Quiche 21. Coconut Pie 22. Chicken and Rice Soup 23. Delicious Sweet Potato Casserole 24. Cheesy Eggplant Casserole 25. Rosemary Chicken with Wild Rice 26. Grilled Asparagus and Red Pepper 27. Tuna Noodle Casserole Happy healthy eating!



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