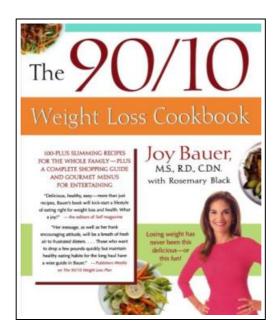
# The 90/10 Weight Loss Cookbook: 100-Plus Slimming Recipes for the Whole Family - Plus a Complete Shopping Guide and Gourmet Menus for Entertaining (Paperback)



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St Martin s Press, United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Joy Bauer, New York City s hottest nutrition guru, has taken the nation by storm with The 90/10 Weight-Loss Plan. Now, Joy reveals the secrets to creating meals that will help you lose weight and keep it off. Following the 90/10 plan--an easy, balanced diet of 90 nutritious food and 10 Fun Food-Cooking with Joy is the perfect book for those looking to create healthy at-home meals. Only Cooking with Joy features: \*Over 100 recipes for breakfast, lunch, dinner, AND DESSERT! \*Joy s Guide to Navigating the Grocery Store \*Kids in the Kitchen--a chapter devoted to kid-friendly meals and snacks.

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