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Betty Crocker the 1500 Calorie a Day Cookbook

By Betty Crocker Editors

Houghton Mifflin Harcourt Publishing Company. Paperback. Book Condition: new. BRAND NEW, Betty Crocker the 1500 Calorie a Day Cookbook, Betty Crocker Editors, Keep calories under control from breakfast to dinner For anyone who wants to cut down on their calories without giving up on their favorite foods, Betty Crocker The 1,500 Calories a Day Cookbook is the ultimate resource. The formula is simple: pick any of the great-tasting recipes for breakfast, lunch, dinner, and one or two snacks, and they'll add up to just 1,500 calories. With no hard-to-find ingredients or fancy preparations, these recipes are never difficult to prepare. And with comfort foods like chili, burgers, and quesadillas, you'll never feel deprived. Tips throughout let you customize the recipes with "a little more" or "a little less" to reach a daily calorie goal above or below the 1,500-calorie average for healthy weight loss and management. Features 200 low-calorie recipes that are easy to make, simple to customize, and always delicious Includes 100 beautiful full-color photographs that offer mouthwatering inspiration Begins with an introductory section that lets you calculate your ideal calorie count and includes sample daily menus, calorie charts for common foods, and an exercise chart When it comes...



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