

The background of the cover is a vibrant collage of various fresh ingredients. On the left, there's a corn on the cob. In the center, a whole fish is visible. To the right, there are several tomatoes and a head of broccoli. In the foreground, there are slices of citrus fruit, possibly lemons or oranges, and some dark, round items that could be olives or mushrooms. The overall theme is fresh, healthy cooking.

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Six ingredients or less: over 600 of Carlean's favorite quick and easy recipes using just 6 ingredients or less
Carlean Johnson, **A Caribbean Diet** W. Nicholas, 2001 A Caribbean Diet is the most refreshingly laid back long term approach to weight loss I've ever come across This brilliant little book provides a relaxed approach to peeling off the unwanted pounds the way nature intended There is also a clutch of wonderful sounding recipes such as Chicken and Crab Calloo Soup Sweet Potato Pudding Caribbean Love Boat and Mangosteen Dream Nutritionist and TV Personality Amanda Ursell Sunday Times UK **Better Homes and Gardens Calorie-Smart Meals** Better Homes and Gardens, 2015-12-29 The perfect companion for cooking delicious and varied meals that fit into a healthy eating plan Better Homes and Gardens Calorie Smart Meals is a must have recipe collection of tasty meals that don't break the daily calorie bank This is an easy to use modern guide to preparing simple healthful dishes with chapters organized by calories covering meals under 300 400 and 500 calories plus snacks under 200 calories and desserts under 250 calories With more than 150 recipes and more than 100 gorgeous photos the book helps cooks make health conscious meals such as Peruvian Style Chicken Tacos under 300 calories Pumpkin Parmesan Risotto 300 400 and Wild Mushroom Ravioli Skillet 400 500 Each calorie level includes recipes good for breakfast lunch and dinner so cooks have flexibility to put together a meal plan that suits their lifestyle calorie needs and preferences *Journal of the American Medical Association* American Medical Association, 1923 *The Agricultural Gazette and Modern Farming* ,1910 *Farmer's Weekly* ,1927 **The Rural New-Yorker** ,1915 [The Rough Guide to Europe on a Budget](#) Rough Guides, 2014-03-03 The new full colour Rough Guide to Europe on a Budget is the ultimate guide to exploring the continent without breaking the bank Detailed colour maps stunning photographs and in depth coverage of how to get around go hand in hand with suggested itineraries and authoritative accounts of every attraction This book is packed full of useful tips clear and comprehensive travel information recommendations for budget hostels cafés restaurants clubs and bars in every city plus information on great local festivals and outdoor adventures Plan your European trip with the help of itineraries for each region and highlights for each country from island hopping in Greece to exploring Istanbul's edgy Beyoglu area and from clubbing in Berlin to soaking up the sun on a Mediterranean beach This guide covers the best things to see do and experience in 39 countries including Ukraine Morocco Turkey Scandinavia and all major western and eastern European countries For those who fancy busting the budget once in a while Treat Yourself boxes cover slightly more expensive hotels restaurants and other attractions such as spas and cocktail bars Make the most of your European adventure with The Rough Guide to Europe on a Budget Now available in ePub format **Indianapolis Monthly** ,2001-05 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape **The Low-FODMAP Diet Cookbook: 150 Simple,**

Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders Sue Shepherd, 2014-07-15 150 delectable and digestible recipes perfectly suited to the low FODMAP diet scientifically proven to reduce symptoms of irritable bowel syndrome IBS and other chronic digestive disorders The low FODMAP diet is changing lives If you suffer from the pain and discomfort of a digestive condition such as IBS Crohn's disease ulcerative colitis or nonresponsive celiac disease it just might change yours The Complete Low FODMAP Diet cowritten by Sue Shepherd introduced this revolutionary treatment which is rapidly becoming the first line recommendation by doctors and dietitians worldwide FODMAP is an acronym that stands for a group of difficult to digest carbohydrates found in foods such as wheat milk beans soy and some fruits vegetables nuts and sweeteners More than three quarters of adults with IBS who reduce their intake of these foods gain relief Now this follow up cookbook brings you 150 simple delicious and brand new recipes that are full of flavor but low in FODMAPs The mix includes breakfasts to start the day off right Blueberry Pancakes Banana Chocolate Chip Muffins starters and sides for every occasion Spring Rolls Chicken Bacon and Pesto Mini Pizzas Stuffed Roasted Bell Peppers soups and salads full of flavor Vietnamese Beef Noodle Salad Creamy Seafood Soup entrées that make you feel good Chicken and Vegetable Curry Speedy Spaghetti Bolognese Beef Satay Stir Fry with Peanut Sauce desserts that satisfy Flourless Chocolate Cake Almond Cookies Baked Blueberry Cheesecakes The low FODMAP diet puts an end to suffering in silence fearing the possible consequences of every meal or confining yourself to a handful of bland safe foods The only thing missing from this comprehensive collection is the FODMAPs and you'd never know it **Bon Appétit**

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