

# SLIM

*forever*

INTERNATIONAL  
COOK  
BOOK

JOHN HENNING HENNINGSEN

# Slim Forever International Cookbook

**D Siedentop**



## **Slim Forever International Cookbook:**

Slim Forever International Cookbook Robert Harris,1994      **Australian National Bibliography** ,1995      *Canadiana* ,1982      **The Hamptons Health Spa Diet Cookbook** Florence Kulick,Florence Matthews,1983 Based upon a weight loss cuisine developed by the authors for a noted resort health spa in the Hamptons the book s nutritional concept is a low fat low sugar low cholesterol low salt diet featuring international gourmet dishes designed to make weight loss pleasurable permanent The book contains 250 gormet recipes numerous menu plans      **The New York Times Magazine** ,1974      **The New York Times Book Review** ,1973-04      **Slim Forever** Michel Montignac,2006 Forget diet drinks and deprivation Slim Forever The French Way is the food lover s diet that works Bestselling French author Michel Montignac shows how you can drink wine and eat the foods you love cheese meat and chocolate and still lose weight Montignac s dieting method has helped countless people around the world achieve impressive and long lasting weight loss results as well as reduce their cholesterol and risk for developing cardiovascular disease and type 2 diabetics With mouth watering photographs and easy to follow recipes Slim Forever The French Way is the Montignac diet made easy Book jacket      Forthcoming Books Rose Arny,2002

**Subject Guide to Books in Print** ,1997      *The International Slim Gourmet Cookbook* Barbara Gibbons,1978      New York Times Saturday Review of Books and Art ,1981      The Slim Gourmet Cookbook Barbara Gibbons,1993-12 How would you like to feast on such meals as Cheese Omelet Florentine Flank Steak Bordelaise or Sole Stuffed with Crabmeat And what about dessert Can you see yourself digging into Spiced Chocolate Rice Pudding or Apple Cheddar Cheesecake 2 With Barbara Gibbons help you can welcome back those comfort foods and taste bud treats that you thought you had bid farewell to forever Well known for her syndicated Slim Gourmet column Gibbons shows you how to take those favorite recipes the ones filled with dangerous things like chocolate cheese and steak to name a few and edit out the unnecessary fats starches and sugars while leaving the taste intact      *National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1973 First multi year cumulation covers six years 1965 70

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