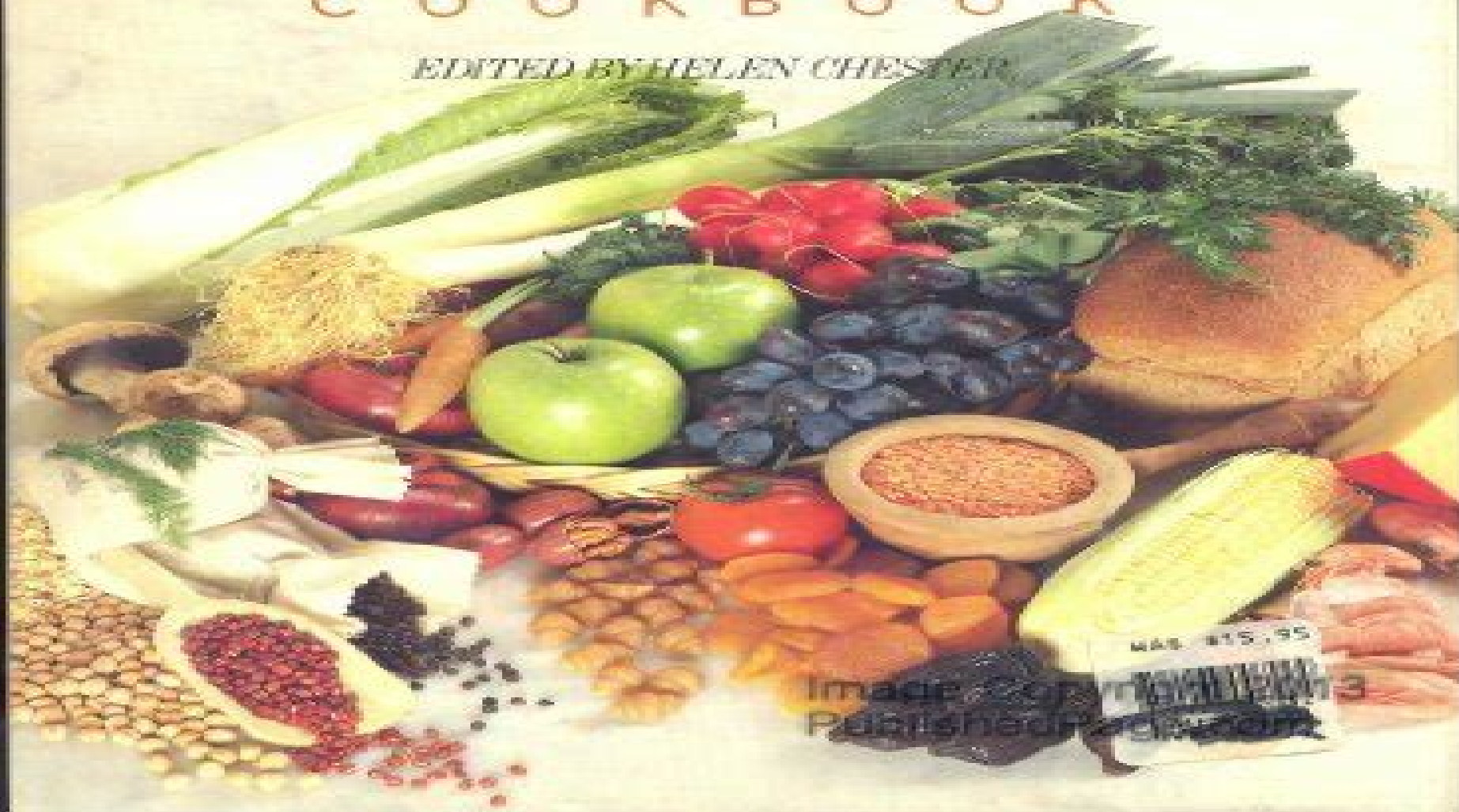


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The High Fibre Calorie Controlled Cookbook

Gina Homolka, Heather K. Jones, R.D.



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meals so that she could eat happily while losing weight With 100 stunning photographs and detailed nutritional information for every recipe The Skinnytaste Cookbook is an incredible resource of fulfilling joy inducing meals that every home cook will love

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