

AIP DIET COOKBOOK FOR BEGINNERS 2023



LILY BROWN

The Hamptonshealth Spa Diet Cookbook

Florence Kulick, Florence Matthews



The Hamptonshealth Spa Diet Cookbook:

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 gourmet recipes numerous menu plans

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Cataloging Bulletin Hennepin County Library. Cataloging Section, 1987

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