Spread Yourself Thin: More Than 140 Delicious Low-Fat Easy Recipes for Every Occasion

Buckland, Wendy

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AW Chickering

Spread Yourself Thin More Than 140 Delicious Low Fat Easy Recipes For Every Occasion:

Spread Yourself Thin Wendy Buckland, Barb Nicoll, 1998 Wendy and Barb used to ask themselves the same kinds of questions Both overweight they imagined they d have to go hungry and give up great taste and great meals with friends and family to get the bodies they wanted But Wendy and Barb were determined to find a better way They learned to eat well and play well They modified their favorite recipes to cut back on fat and calories and found ways to get fabulous taste at the same time They lost weight and proved that people who love food can have it all Spread Yourself Thin is the cookbook that shows you how Here's the skinny more than 140 easy fast low fat recipes yummy recipes for appetizers salads main courses luscious desserts and more menus designed around themes holidays and events cocktail wine and music picks for every occasion complete nutritional breakdown for each recipe dozens of weight loss and healthy eating tips cooking and substitution tips for low fat and big flavor every recipe 100% guilt free guaranteed About the Authors Wendy Buckland and Barb Nicoll lost 30 and 65 pounds respectively by eating sensible low fat meals and exercising regularly They are the authors of Armed and Dangerous and are in the process of launching their own line of low fat food products which will soon be sold in U S supermarkets They can be reached online at www wendyandbarb com Spread Yourself Thin Wendy Buckland, Barb Nicoll, 1997 This is a low fat cookbook with a difference Instead of traditional chapter headings on appetizers soups main courses etc Wendy and Barb have designed recipes around fun and interesting theme making the cookbook that proves that low fat entertaining iss not an oxymoron There s the Aphrodisiac Spread that features such fun and flirty recipes as Get Lucky Pasta and Oh You teaser caesar Salad followed by Sweet Sin Chocolate dipped Fruit The Twisting by the Pool Spread and Ole Okay Let's Eat Spread offer delicious delectable recipes from appetizers salads and soups to main dishes and desserts all of them low in fat and calories but brimming with taste and fun In theri own irrepressible style Wendy and Barb have included cocktail beer and wine suggestions and even music picks because as they say Being fit healthy and achieving a sensible weight should be tons of good fun A cookbook that leaps off the low fat shelf Spread Yourself Thin will be a surefire hit with Wendy and Barb followers and the hungry weight conscious cookbook market **Canadian Books in Print. Author and Title Index** ,1975 American Book Publishing Record ,1998 Subject Guide to Books in Print ,1991 **Cumulated Index to the Books** ,1999 The Publishers Weekly ,1998 Canadian Books in Print 2002 Marian Butler,2002-02 Canadian Books in Print ,2003 International Books in Print, 1986 Ouill & Ouire, 1998 Books in Print Supplement ,2002 Men's Health ,2008-01 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle The Country Gentleman ,1917 The Youth's Companion Nathaniel Willis, Daniel Sharp Ford, 1880 Includes music The London Journal: and Weekly Record of Literature, Science, and **Voque** ,1923 **Art** .1859 Youth's Companion, 1878 Ebony, 2005-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American

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