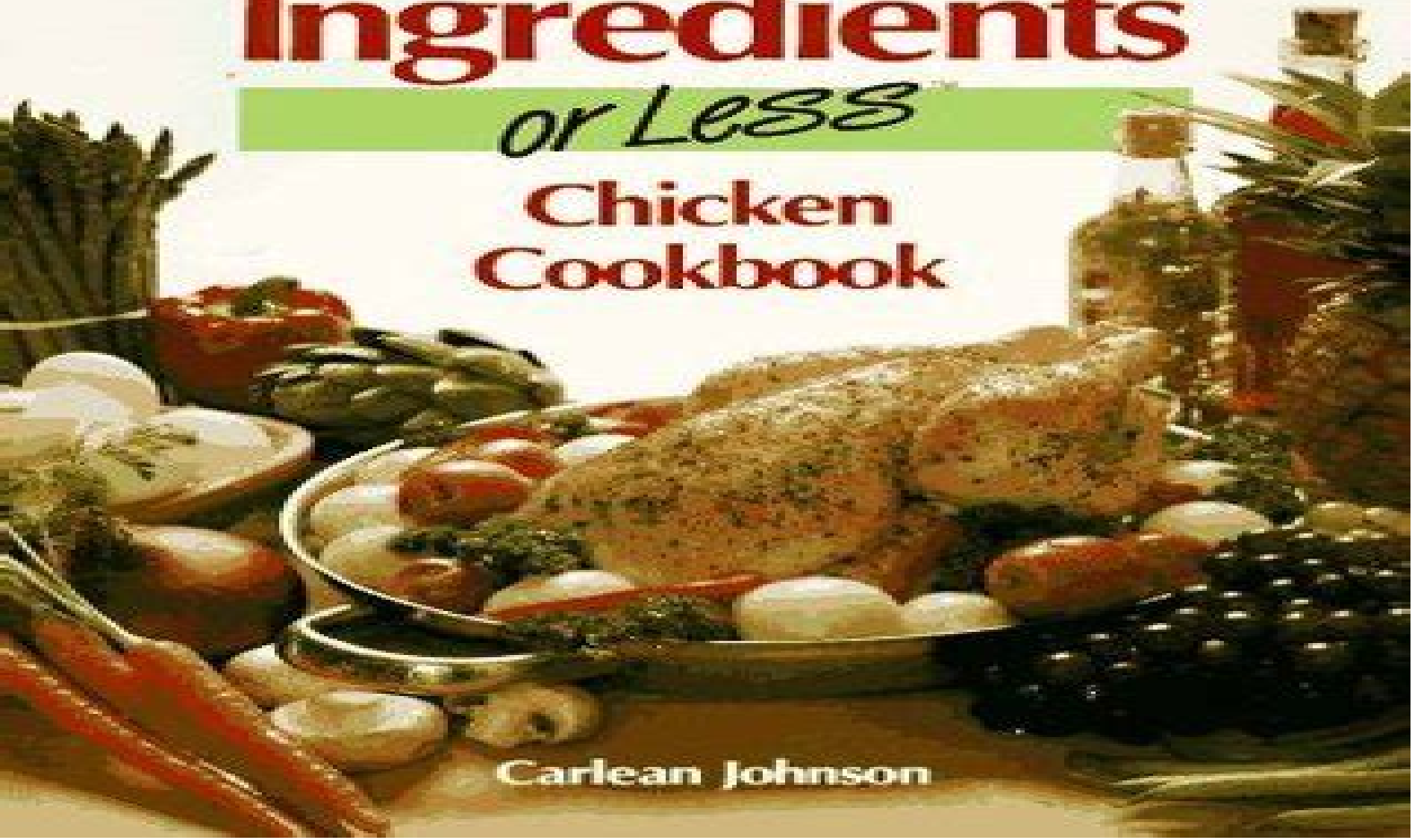


SIX Ingredients *or Less*

Chicken Cookbook

Carlean Johnson



Six Ingredients Or Less Cookbook

Wenbin Ji



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More-with-Less Cookbook Doris Longacre,2003-09-26 This is a new edition of Herald Press s all time best selling cookbook helping thousands of families establish a climate of joy and concern for others at mealtime The late author s introductory chapters have been edited and revised for today s cooks Statistics and nutritional information have been updated to reflect current American and Canadian eating habits health issues and diet guidelines The new U S food chart My Plate was slipped in at the last minute and placed alongside Canada s Food Guide But the message has changed little from the one that Doris Janzen Longacre promoted in 1976 when the first edition of this cookbook was released In many ways she was ahead of her time in advocating for people to eat more whole grains and more vegetables and fruits with less meat saturated fat and sugars This book is part of the World Community Cookbook series that is published in cooperation with Mennonite Central Committee a worldwide ministry of relief development and peace Mennonites are widely recognized as good cooks But Mennonites are also a people who care about the world s hungry Doris Janzen Longacre **A Novel Diet** Nikki Lang, MD,Nikki Lang,2008-02 Thirty two year old Cheryl is tired of being overweight and she s finally gathered the courage to do something about it But she worries about sacrificing her favorite foods or committing to the latest fad diet only to fail miserably Sound familiar Cheryl represents anyone who has struggled to maintain health and sanity while losing

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