

HAPPY HEART

COOKBOOK

LIGHT - EASY - HEALTHY BASIC - NUTRITIOUS ECONOMICAL RECIPES

LOW FAT-LOW CHOLESTEROL-LOW SODIUM LOW SUGAR-LOW SATURATED FAT OVER 170 RECIPES

TOTAL MENU NUTRITION CHART FOR EACH MEAL Calories-Carbohydrates-Protein Fat-Cholesterol-Sodium

RECIPES - MENUS - CHARTS METHODS - TIPS - REASONS

OUR NUTRITION GUIDELINES IN CHANGING OUR DIET

A PERSONAL ACCOUNT.......
FROM HEART ATTACK TO MENU PLANNING
FOR A HEALTHY, HAPPY HEART

by grace kurasz

The Happy Heart Cookbook

M Lipman

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