

Christian G. Meyer

Skinny Vegetarian Entrees Phyllis Magida, Sue Spitler, 1995 Contains over 100 meat free recipes each of which is naturally low in fat and high in fiber and complex carbohydrates The recipes are easy to make do not call for exotic ingredients and cover the entire range from family meals to party dishes Includes recipes for soups stews casseroles salads pasta dishes one pot bean rice and grain meals ethnic specialties and sandwich and barbecue ideas The recipes fall within the American Heart Association guidelines and none of the entrees exceeds the 30 percent of calories from fat guideline Contains specific nutritional information for each recipe Skinny Chicken Erica L. Klein, 1994 The latest addition in the 125 000 copy bestselling Skinny cookbook series here is the perfect guide for the 75 percent of Americans who cook chicken at least once a week More than 100 delectable chicken recipes are presented all specially designed to meet today s health Skinny Comfort Foods Sue Spitler, 1996 Contains recipes for favorite traditional dishes recreated to meet today s goals demand for leaner healthier eating **Skinny Pizzas** Barbara Grunes, 1993 Pizza is our national fun food And now thanks to Barbara Grunes innovative recipes pizza qualifies as our national good health food too These 100 plus recipes trim away the excess fat cholesterol and calories that usually come with pizza so you and your family can enjoy all the great tastes without sacrificing good nutrition Controlling fat and calories in pizza is easier than you may think Grunes points out that pizza crust in itself a healthful carbohydrate just waiting to be topped with delicious wholesome ingredients. These recipes show you how to do exactly that using exciting food combinations and simple cooking techniques Starting with easy to make and store recipes for basic crusts and sacues Skinny Pizzas shows you how easy it is to top pizzas with fresh low fat high fiber vegetables dairy products fruits poultry meat and fish everything form zucchini and pears to smoked salmon The most complete pizza book ever written recipes run the gamut from hearty one dish meals to pizza snacks appetizers party dishes even desserts Pizza is easy to make economical quick to cook about 20 minutes and a never ending treat for kids and adults Now with these recipes slimmed down for today s healthful lifestyle you can feel good about serving pizza anytime and for **Skinny Sauces & Marinades** Erica Levy Klein,1994 **Skinny Chocolate** Phyllis Magida, Barbara any occasion Grunes, 1994 Here are dozens of sumptuous delights sweet pleasures simple treats and elegant creations to lead you not into temptation Now you can have your chocolate cake or pie brownie pudding or cookies and eat it too without worrying about the calories and fat Skinny Chocolate's 100 new recipes let you indulge your chocolate fantasies without ignoring the principles of health eating Incredibly none of these satisfying delights from Chocolate Cheesecake to Chocolate Charlotte Russe sacrifices creamy richness or mouth watering flavor in order to meet American Heart Association guidelines Only recipes attaining the authors high standards for both chocolatey goodness and good health made the final cut All recipes were also held to rigorous standards for ease of preparation and economy of ingredients Even exotic creations such as Chocolate Baked Alaska and Chocolate Crostata di Ricotta are wonderfully simple to make in minimum time Nutritionally

Skinny Chocolate recipes are impeccable Enjoy a new world of low fat chocolate delights 25 chocolate cakes 8 chocolate pies 16 chocolate puddings 6 chocolate cheese inventions 7 chocolate cookies 10 chocolate gelatin fruit desserts plus crepes noodles muffins drinks and frozen delights all deliciously chocolatey

Skinny Sandwiches Desiree Witkowski,1995

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web the truth about inflation does not set out to forecast inflation but to help improve its understanding so that investors can make better decisions to achieve the real returns that they need starting with a summary of long history of inflation the drivers of price change are considered