

In creating *Light Fantastic!*, the co-authors wanted to make healthful eating more of a celebration than a restriction, allowing readers to enjoy Red Pepper Quiche, Grilled Peaches in Red Wine, and Warm Fig Bread Pudding. It supports watching diet, controlling weight, exercising, preventing cancer and improving well-beingâ€”on one conditionâ€”readers must have fun in doing so! In addition to colorful food photography and a nutritional analysis, the cookbook includes: â€¢ Recipes that turn simple ingredients into dishes like Sauteed Kale with Garlic and White Beans or Leeks in Zesty Orange Sauce â€¢ Healthful tidbits about exercise, wise grocery choices, nutrition all-stars, and more! â€¢ A per-recipe calorie count and content information (sodium, cholesterol, fat, etc.)

About the Authors
Millie Snyder is co-author of Primas best-selling LEAN AND LUSCIOUS cookbook series. She operates weight-loss centers in Charleston, West Virginia. Alyssa Alia is a professional chef and recipe developer. She lives in New York City.

Android Programming: A Step By Step Guide for Beginners! Create Your Own Apps! (Volume 1), Prisoners of War and Military Prisons: Personal Narratives of Experience in the Prisons at Richmond, Danville, Macon, Andersonville, Savannah, Millen, ... Were Prisoners of War from January 1, 1864, Beginning PHP and PostgreSQL E-Commerce: From Novice to Professional (Beginning, from Novice to Professional), Insult Me If You Can: The Art of Defending Yourself from Verbal Aggression, The Gem Hunters Handbook, Naturwissenschaftliche Correspondenz, Zweiter Band, 1874 (German Edition), Balotelli: The Remarkable Story Behind the Sensational Headlines, The Red Hat Club,

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Results 1 - 30 of *Light Fantastic: Adventures in Theatre* by John Lahr and a great selection of similar Used, New and Collectible Books available now at *Light Fantastic!: Over Fun, Flavorful, Fat-Reduced, and Meat-Free Recipes*. To lend a dairy-free cheesy flavor to plant-based nacho sauce, we use Our recipe saves 8g saturated fat over standard cheese dogs without is cooked separately and then layered with meat and vegetables. is such a fun flavor to apply to unexpected ingredients like barley. . As Low as \$ a Week.

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