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DIET RECIPES - 27 LOW FAT LUNCH RECIPES -WEIGHT WATCHERS POINTS INCLUDED (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Low-fat eating remains the most popular and medically sound way to lose weight and maintain good health. I've picked out Top 27 low fat diet recipes you can prepare for lunch meals. Weight watchers points are also included. Point values are given for every recipe based on the nutritional makeup of the dish. Foods that are rich...

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- Authored by Sophia Seeds
- Released at 2014



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Reviews

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