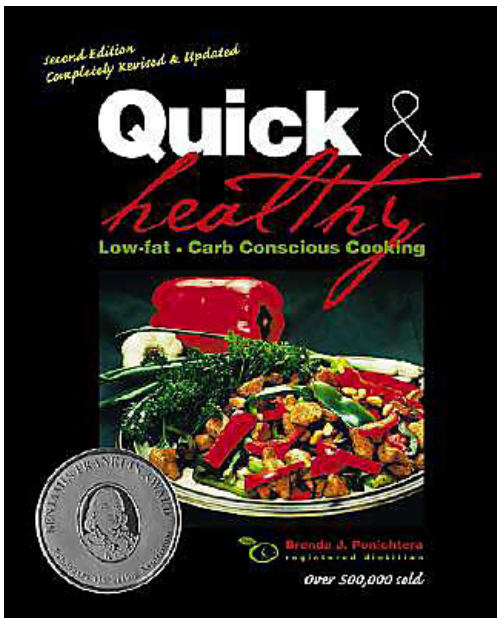


MFit Recommended Book



Quick & Healthy Low-fat, Carb Conscious Cooking

A well organized and presented introduction to low-fat, carb conscious dining, Quick & Healthy Low-fat, Carb Conscious Cooking showcases more than two hundred new and/or updated, delicious, nutritious, “heart healthy”, diabetes appropriate, weight control friendly recipes.

Quick & Healthy Low-fat, Carb Conscious Cooking is enhanced with easy to follow low-fat menus, detailed nutritional analysis for each recipe, tips for trimming fat and sodium from a diet, a listing of foods and their fiber content, conventional and microwave directions, time saving ideas, weight loss and exercise tips, and “Products Worth Trying”. From Hot Artichoke and Spinach Dip; Three Bean Soup; and Pear Salad with Raspberry

Dressing”; to Low-Fat French Fries; Green Chile Chicken Enchilada Casserole; and White Chocolate Mousse with Berries, this completely revised and updated second edition of Quick & Healthy Recipes and Ideas offers a highly recommended compendium of palate pleasing, appetite satisfying, kitchen cook friendly recipes.