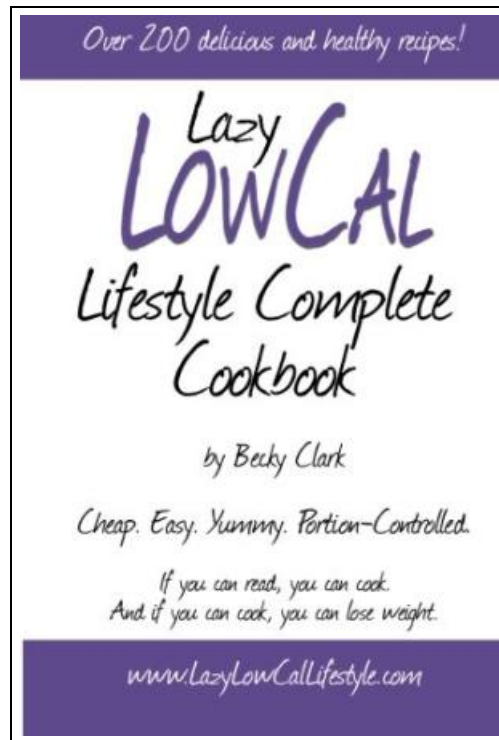


Lazy Low Cal Lifestyle Complete Cookbook



Filesize: 2.26 MB

Reviews

This is the finest publication we have read through right up until now. Better then never, though i am quite late in start reading this one. Its been written in an remarkably easy way in fact it is only after i finished reading through this book by which basically altered me, affect the way i think.
(Dr. Gabriella Hayes)

LAZY LOW CAL LIFESTYLE COMPLETE COOKBOOK



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 248 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. I had to make a slight title change (removing the 2013) which necessitated an entirely new upload. Content is exactly the same. All the recipes in the Lazy Low Cal Lifestyle Complete Cookbook have easy-to-find ingredients and simple instructions. Quick, low calorie recipes that are delicious and inexpensive, many of which you can get on the table in a jiffy. Do you want to lose weight All the recipes are portion controlled and tell you exactly how many calories and servings. There are main dishes, meatless options, side dishes, sweets and snacks all of them under 400 calories per serving. Are you lazy I am, so you know these recipes are simple. Ill never make you scurry around town shopping for spices or utensils youll only use once. Are you an inexperienced cook These recipes cant fail. Ive tried and tested all of them, and most are family favorites here at Casa Lazy. I firmly believe my motto: If you can read, you can cook. And if youve gotten this far in the description, I have faith in you. Do you dislike cooking Yeah, me too. Dont get me wrong, I like eating; I just get tired of the day-to-day grind of having to cook. So you can believe me when I say that Ive figured out all kinds of lazy ways to turn ingredients into delicious meals. Are you in your first apartment I had my 20-something kids in mind when I created many of these recipes. They didnt have money but they had an oven, a microwave, some pots and pans, a refrigerator and running water. Thats all you need. (Oh, youll need electricity too.) Are you...



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