



The 1500-Calorie-a-Day Cookbook

Nancy Hughes

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Eat up. Slim down. It's just that easy--with just 1,500 delicious calories a day!

From the author of *The 1,200-Calorie-a-Day Menu Cookbook*, comes all new recipes for when you are counting calories but don't want to sacrifice flavor, taste, or variety. While most low-calorie meal plans leave you hungry for more, this cookbook serves up a satisfying selection of energy-boosting breakfasts, fast-fix lunches, and delectable dinners--plus two healthy snacks and one guilt-free dessert--every single day! It's hard to believe it's just 1,500 calories.

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Sidney Robertson:

Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The 1500-Calorie-a-Day Cookbook, you may enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

Todd Apperson:

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