

My Kitchen Table: 100 Great Low-fat Recipes - Rosemary Conley

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Rosemary Conley is the UK's best-loved diet and fitness expert, who has improved the way we eat and exercise for over 30 years. This book celebrates 100 of her favourite recipes, from light bites to hearty meals and express dinners to slow weekend roasts. With a nutritional breakdown accompanying each recipe, this collection of delicious dishes proves that a low-fat diet can be tasty too! Author: Conley, Rosemary Publisher: Ebury Digital Illustration: N Language: ENG Title: My Kitchen Table: 100 Great Low-Fat Recipes Pages: 00208 (Encrypted EPUB) On Sale: 2011-10-18 SKU-13/ISBN: 9780091944803 Category: Cooking : General

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