

Thintastic Drinks - Jennifer Dossett

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As an educated consumer, you know that too much of a good thing, isn't so good on the waist line. Thintastic Drinks is a unique recipe book of 250 delicious alcoholic beverages that have been altered to lower your calorie intake, while still allowing you to relax and have fun. With recipes in the 60 to 127 calorie range, you can fight off that muffin top and still have a night out with your friends. So sit back and relax....by making smart decisions about the drinks you consume, you can enjoy life and still wear your favorite pair of jeans! Author: Dossett, Jennifer Publisher: eBookIt.com Illustration: N Language: ENG Title: Thintastic Drinks Pages: 00157 (Unencrypted EPUB) On Sale: 2012-12-13 SKU-13/ISBN: 9781456611125 Category: Cooking : Beverages - Bartending Category: Health & Fitness : Diets - General Category: Cooking : Health & Healing - Weight Control

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