

New Hip And Thigh Diet Cookbook - , Patricia Bourne

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Eat your way to diet success with over 100 superb new recipes The Hip and Thigh Diet has revolutionized the eating habits of successful slimmers across the world. Now, with this enticing new cookbook you can eat well and healthily and keep those unwanted pounds and inches at bay. Over 100 brand-new, mouthwatering recipes are included to help you cook for all the family, and any occasion. Family favourites, re-created the Conley way Quick and simple recipes in under 30 minutes Impressive but easy entertaining Robust recipes for everyday use Spicy new dishes for vegetarians and vegans Sumptuous desserts and party food Packed with gastronomical delights from the exotic to the economical, there has never been a tastier way to stay slim. Author: Conley, Rosemary Author: Bourne, Patricia Publisher: Cornerstone Digital Illustration: N Language: ENG Title: New Hip And Thigh Diet Cookbook Pages: 00256 (Encrypted EPUB) On Sale: 2012-05-31 SKU-13/ISBN: 9780099219910 Category: Family & Relationships : General Category: Health & Fitness : General

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