



## More Lean and Luscious

*Bobbie Hinman, Millie Snyder*

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**More Lean and Luscious** Bobbie Hinman, Millie Snyder

In this sequel to the bestselling *Lean and Luscious*, authors Bobbie Hinman and Millie Snyder offer a feast of almost 400 new and exciting recipes for today's health-conscious cook. This exciting volume offers:

- Recipes that are delicious, quick, low in calories and cholesterol, and easy to prepare
- Menu suggestions for entertaining
- Recipes with high-fiber content
- Your choice of which sweetener to use
- Cooking tips to reduce fat and cholesterol contents in all your cooking
- Exchange values adaptable to weight reduction program diets
- Recipes that can be used for all types of restrictive diets
- Sinfully good-tasting desserts—minus the guilt
- Gourmet food that is a snap to prepare

Each recipe contains an at-a-glance nutritional analysis, including amounts of calories, fat, carbohydrates, sodium, protein, and cholesterol.

“A valuable, practical tool for helping patients modify their diets without sacrificing taste. For weight maintenance programs it's a must. The recipes are clear, fast, and delicious.”

—**Maria Smith, Registered Dietitian, Nutritional Weight Management Center, York Hospital, York, PA**

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Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Might be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled More Lean and Luscious can be good book to read. May be it is usually best activity to you.

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