



Cooking Light Cookbook 1989 (Cooking Light Annual Recipes)

Leisure Arts, Oxmoor House

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Cooking Light Cookbook 1989 (Cooking Light Annual Recipes) Leisure Arts, Oxmoor House This all-new food and fitness cookbook is for the growing number of Americans who want to stay deliciously satisfied and still remain slim and fit. More than 450 recipes, complete with calorie counts and nutrition analyses, are included. Color photos.



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