

Good Housekeeping\*

Meals Under

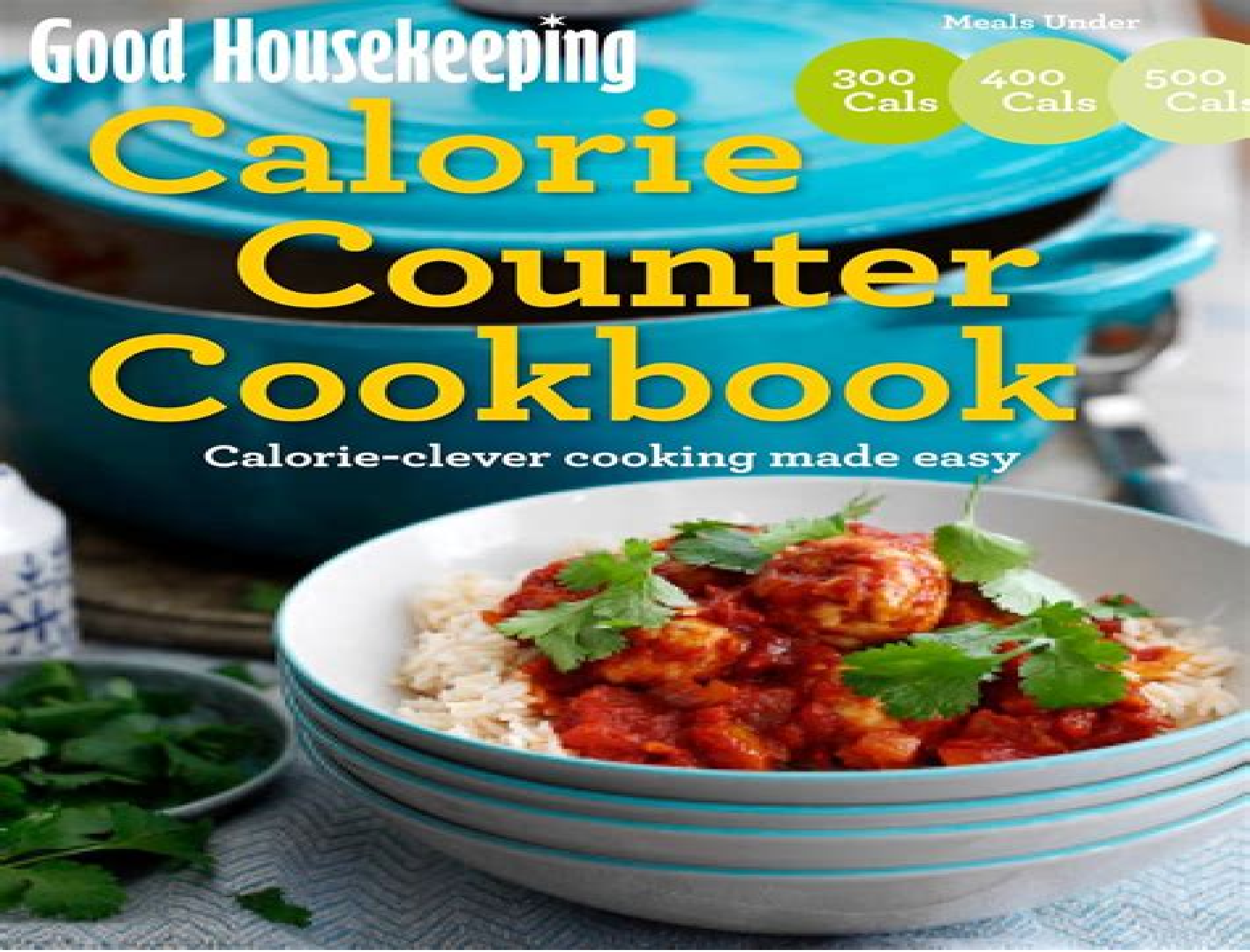
300  
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# Calorie Counter Cookbook

Calorie-clever cooking made easy



# Good Housekeeping Calorie Counter Cookbook Calorie Clever Cooking Made Easy

**IM Harris**



## **Good Housekeeping Calorie Counter Cookbook Calorie Clever Cooking Made Easy:**

Good Housekeeping Calorie Counter Cookbook Good Housekeeping Institute,,Good Housekeeping Institute,2014-11-06  
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Discover delicious ideas for breakfasts lunches dinners and sweet treats under 300 400 and 500 calories Plus the comprehensive collection of up to date calorie information and nutritional data will help you make savvy food choices for the whole family Clearly organised and easy to use each food is listed according to average portion size along with figures for saturated fats protein carbohydrate fat and dietary fibre Packed with delicious recipes over 1 000 food and drink entries and practical nutritional advice the Good Housekeeping Calorie Counter Cookbook makes calorie clever cooking a breeze Word count 25 000 Good Housekeeping ,1925 **Good Housekeeping Calorie Counter** Good Housekeeping Institute,2014-01-29 Creating a balanced diet for the family can often be tricky and eating on the go is a minefield when you re trying to lose weight Now it couldn t be easier to work out exactly what s in your food with the Good Housekeeping Calorie Counter This is a compact comprehensive collection of up to date calorie information and nutritional data that you can use any time and place to help you make informed food choices Clearly organized and easy to use each food is listed according to average portion size along with saturated fats protein carbohydrate fat and dietary fibre for every one Packed with thousands of entries including fast food takeaways and beverages plus sensible nutritional advice the Good Housekeeping Calorie Counter is an essential companion for every health conscious shopper *Better Homes and Gardens* Chesla Clella Sherlock,1968 What's New in Home Economics ,1960 Includes buyers guide **The New York Times Magazine** ,1969 **The Saturday Evening Post** ,1968 **The New York Times Magazine** ,1969 The New York Times Book Review ,1968 **New York Times Saturday Book Review Supplement** ,1968-10 **Book World** ,1969 **American Home** ,1968 **Subject Guide to Books in Print** ,1993 Host Bibliographic Record for Boundwith Item Barcode 38888110806340 and Others ,2013 *Mademoiselle* ,1971-05 **House Beautiful** ,1969 **House & Garden** ,1969-07 **The Internet Newsroom** ,2000 Your guide to the world of electronic factgathering Readers' Guide to Periodical Literature Bertha Tannehill,Anna Lorraine Guthrie,Neltje Marie Tannehill Shimer,1904 An author subject index to selected general interest periodicals of reference value in libraries **Good Housekeeping 400 Calorie Italian** Good Housekeeping,2013-04-02 Pizza pasta Parmesan Italian food is so good But can you eat these foods and lose weight Yes with Good Housekeeping s luscious 400 calorie variations They feature the flavorful use of wholesome veggie and grains lowfat meats and seafood and heart healthy olive oil all foods that distinguish the Mediterranean diet With such dishes as Veal Parmigiana Trattoria Style Shrimp Fettucine Caramelized Onion and Goat Cheese Panini you won t even feel like you re dieting

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