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Taste of Home Comfort Food Diet Cookbook: Lose Weight with 433 Foods You Crave!

Taste of Home

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Taste of Home Comfort Food Diet Cookbook: Lose Weight with 433 Foods You Crave! Taste of Home *Taste of Home Comfort Food Diet Cookbook* presents a common-sense approach to healthy living and dieting by focusing on what people **can** eat, not what they have to give up. With the help of provided calorie counts, readers can plan their day and feel confident knowing they're within the desired calorie range for weight loss. All recipes come from real home cooks and combine realistic portions with exceptional taste-and all have been approved by the nutritionist on the *Taste of Home* staff.

In addition to hundreds of satisfying recipes, this book contains:

-A four-week meal plan that covers breakfast, lunch, dinner, desserts, snacks, and beverages
-Nutrition facts and calories, including diabetic exchanges
-Notes on exercise and portion control
-A code to access a special gated website, which contains additional meal plans, healthy tips, and online community support
-Testimonials and photos from actual dieters
-A free year subscription to *Taste of Home Healthy Cooking* magazine
-Tips on dining out

Readers will also find a number of "free foods" with low calories for guilt-free snacking and a clip-and-keep calorie guide they can remove from the book to carry on the go for use in restaurants. Put the *Taste of Home Comfort Food Diet Cookbook*'s meals on your menu, and you'll be putting the pleasure back in healthy eating.

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William Ullrich:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled Taste of Home Comfort Food Diet Cookbook: Lose Weight with 433 Foods You Crave! can be good book to read. May be it may be best activity to you.

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