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Healthy Cooking for Singles & Doubles by Eleanor Brown

Healthy Cooking for Singles & Doubles is a low calorie cookbook for people who live alone or with one other person. It contains 100 easy-to-follow recipes that will help build health and lose weight. Each recipe was written with the busy single person in mind. Quick and easy to prepare, most serve

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Zum Hauptinhalt wechseln. Prime entdecken Bücher

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I have prepared many of the recipes in this book and none have been less than fabulous, and so easy too. As a cookbook author myself, I got into a little trouble with my weight while testing recipes for a new dessert book. After a short stay at the Oaks Spa, tasting many of Eleanor's dishes, I was

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