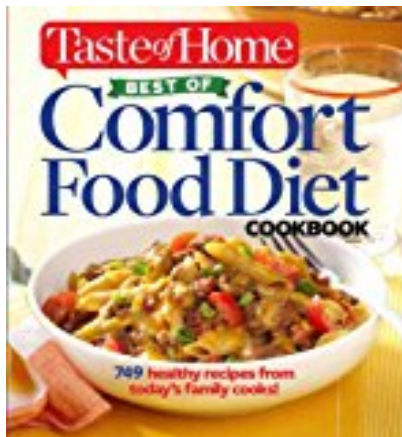


Taste of Home Best of Comfort Food Diet Cookbook Lose weight with 749 recipes from todays family cooks!



BOOK DETAILS

- Author : Taste Of Home
- Pages : 512 Pages
- Publisher : Readers Digest/Taste of Home
- Language : English
- ISBN : 1617652342

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BOOK SYNOPSIS

Eat what you love and still lose weight with satisfying, sensible recipes from real home cooks like you. This collection of 760 delicious foods includes bubbling casseroles, hearty noodle dishes, slow-cooked sensations and tempting desserts. This big 512-page book represents the best of our previous Comfort Food Diet Cookbook editions. Easy-to-use chapters take you from breakfast through snack time to dinner and dessert, allowing you to lose weight without feeling deprived. Our most popular, highly rated, easy to make and best-loved foods are now gathered into one giant volume with The Best of Comfort Food Diet Cookbook!

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