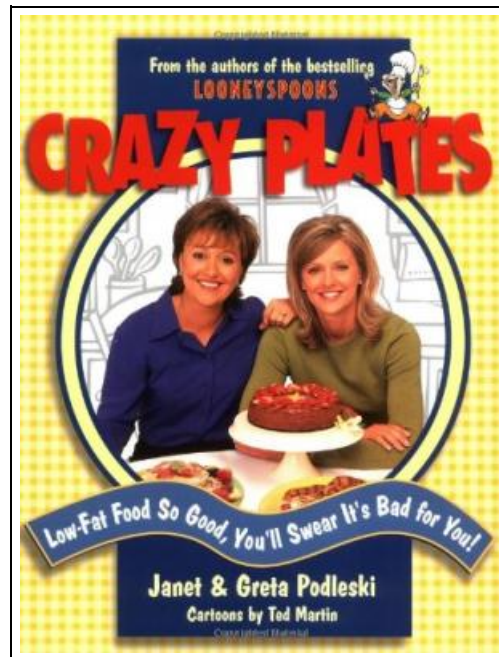


Crazy Plates: Low-Fat Food So Good, You'll Swear It's Bad for You!



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Reviews

*A really great publication with perfect and lucid explanations. Of course, it is play, continue to an amazing and interesting literature. I discovered this book from my i and dad suggested this publication to find out.
(Dr. Augustine Borer)*

CRAZY PLATES: LOW-FAT FOOD SO GOOD, YOU'LL SWEAR IT'S BAD FOR YOU!



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Perigee Trade, 2000. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: If you're looking for low-fat food with incredible taste, you've come to the right plates. Imagine mouthwatering meals that are so darn good, you'd never believe they're low in fat. Then imagine losing weight, increasing your energy levels, and improving your overall health, as if by magic! Now stop imagining things, because it's all true! Crazy Plates lets you and your family enjoy all of your favorite meals -- without the sacrifice, guilt, or fat!-- Having trouble feeding finicky kids? Not anymore! They'll run to the dinner table for Tickle Me Elbows (tuna noodle casserole), and declare our Obi Wonton Kenobi soup (with chicken-filled wontons), "Outta-this-world!"-- Think sweets are off-limits? Think again! Sinfully delicious Do the Cocoa Motion Cheesecake (chocolate-Kahlua cheesecake) will have your taste buds dancing for joy!-- Worried about weight gain over the holidays? Relax! The Roast of Christmas Past won't haunt you.-- Cooking with a man in mind? One bite of our impossibly delicious Burger, She Wrote (juicy teriyaki burgers), and he'll be wrapped up in the mystery of the missing fat! Laugh your way to better health with this exciting (and hilarious!) collection of 150 great-tasting, low-fat recipes, fun-food facts, healthy-living tips, and zany cartoons.



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