



The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals

By Mindy Hermann

Rodale Books. Hardcover. Book Condition: New. Hardcover. 368 pages. This is a cookbook that reaches far beyond listing ingredients and directions. It actually trains you how to divide your plate into perfect portions for your body and weight loss plan, spy hidden calories on the shelves at grocery stores, and equip yourself with the fundamental 400 Calorie Fix knowledge needed to maintain healthy eating habits and a healthy lifestyle. Even if youre on a tight schedule, youll be able to find quick menu items such as: A breakfast of Crpes with Strawberries, Bananas, and Nutella or Mexican Eggs BenedictDelectable lunchtime dishes like Turkey Chili Verde or Thai Beef SaladExquisite entres such as Steamed Mussels with White Wine and Garlic, Shrimp Arrabiata, or Golden Roast Chicken with Lemon, Garlic, and RosemaryGet control of your calorie intake and get control of your life with the help of the 400 Calorie Fix Cook-book!Treat others the way you want to be treated has always been the golden rulea philosophy that should apply to your body, too! So treat it nicely and keep all of your meals at about 400 calories, and a happy, healthy weight is yours. Together with registered dietitian Mindy Hermann, coauthor...



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