



# Cooking Light Mix & Match Low-Calorie Cookbook: 1,500 Calories a Day

*Editors of Cooking Light Magazine*

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**Cooking Light Mix & Match Low-Calorie Cookbook: 1,500 Calories a Day** Editors of Cooking Light Magazine

Mix & match your way to healthy eating! Choose 3 meals plus 2 snacks to equal 1,500 calories or less. It's easy! With more than 150 delicious recipes, there are endless combinations to create a day of balanced meals and snacks. No matter what you choose, the total will always be 1,500 calories or less—the amount the average woman needs to lose weight. You'll also find nutrition and exercise tips, advice for eating out, and ideas for enjoying a healthy lifestyle.

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The book untitled Cooking Light Mix & Match Low-Calorie Cookbook: 1,500 Calories a Day contain a lot of information on the item. The writer explains the girl idea with easy approach. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the idea. The book was authored by famous author. The author brings you in the new period of literary works. You can easily read this book because you can read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice go through.

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