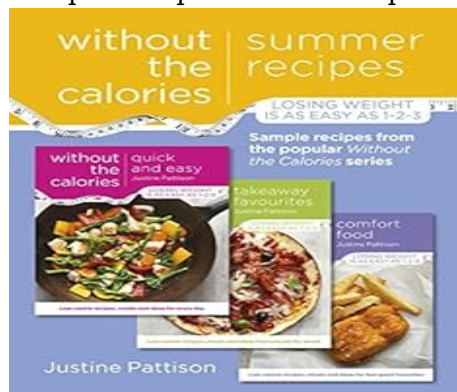


Summer Recipes Without the Calories: Sample Recipes from the Popular Without the Calories Series
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In the WITHOUT THE CALORIES series bestselling recipe writer Justine Pattison's 123 Plan provides an easy-to-follow approach to your daily meals,

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Plus additional nutritional information to suit any diet regime, **Summer Recipes Without the Calories pdf** Now Justine has hand-picked ten of her favourite light dishes from her WITHOUT THE CALORIES series to help you stay on track through the summer, **PDF Summer Recipes Without the calories 1** Each recipe in the series has a triple-tested calorie count provides tips and ideas to enhance your low-cal cooking experience.

. Excellent easy to follow low cal delicious recipes