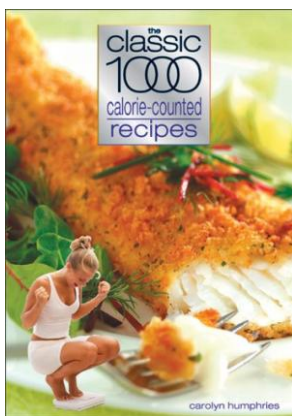


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THE CLASSIC 1000 CALORIE-COUNTED RECIPES



W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, The Classic 1000 Calorie-counted Recipes, Carolyn Humphries, With every recipe calorie counted, this title deals with low-fat, health-conscious eating to keep readers in great shape. It contains all original material not simply resourced from existing titles. It features clever and imaginative recipes which produce a better figure all round! This series has been so successful that it has now established itself as a brand. Here we turn our research...

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- Authored by Carolyn Humphries
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