



**Over 100 Fat-Free Recipes: Calorie counted
vegetarian and non- vegetarian delicacies for a
slim trim and healthy figure**

Elizabeth Jyoti Mathew

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With fast food and junk foods being the order of the day, thanks to our rushed modern existence, staying healthy is of prime importance. More often than not, we forego some of the most delicious food in order to stay healthy. Not anymore! It is not necessary to give up culinary delicacies to maintain good health. This book shows just how. The author offers recipes of dishes that are nutritious as well as low in calories and high on taste. This book takes readers on a journey of culinary experimentation with different recipes that can then be incorporated into a healthy lifestyle. The recipes are divided into four sections: *Vegetable Dishes *Meat and Poultry Dishes *Seafood Dishes and *Desserts. These calorie-counted recipes will help you maintain a Diet and Nutrition that includes various types of food, ensuring all your nutritional requirements are met. So, eat well and stay slim and healthy with Over 100 Fat-free Recipes.

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