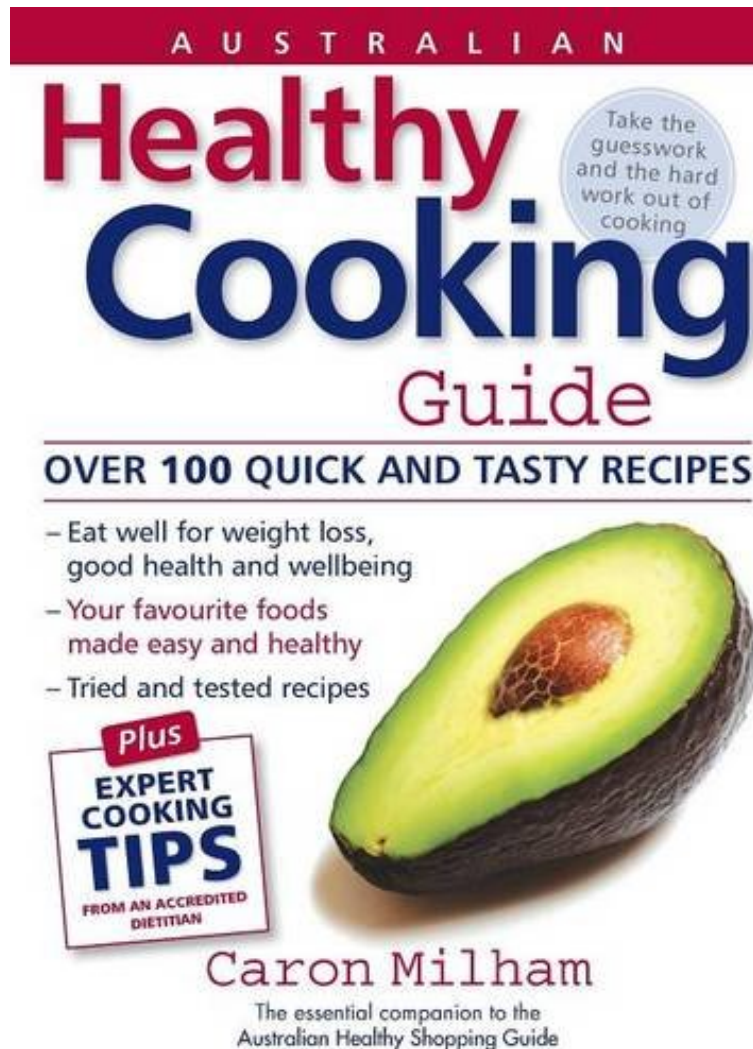


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Australian Healthy Cooking Guide

Caron Milham

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Caron Milham : Australian Healthy Cooking Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised Australian Healthy Cooking Guide:

Over 100 delicious, time-saving recipes that keep you trim and healthy. Want to lose weight, manage your blood sugar and cholesterol levels and eat great-tasting food? The Australian Healthy Cooking Guide is packed with more than 100 real-life recipes that suit any taste and combine good eating with good health. It's almost as handy as having a dietitian in the kitchen preparing tempting, calorie-controlled meals for you! Warming Soups - try Lamb and Brown Lentil or

Sweet Potato and Leek Light and Flavoursome Fish - try Fish Provençal Family-Friendly Meat - try Beef Lasagna or Greek Lamb Casserole or Coriander Yoghurt Chicken Vegetarian Delights - try Spinach and Cheese Cannelloni Tasty Veggies - try Spiced Chinese Vegetables Healthy Recipes for the Kids - try Corn Fritters or Rock Cakes Yummy Desserts - try Quick'n'Easy Cheesecake with Berry Sauce Muffins for a Well-Deserved Snack - try Cinnamon Fruit Muffins PLUS A 2 week meal plan with full shopping lists that combine the recipes for guaranteed weight loss, healthy eating has never been easier! Caron Milham is an Accredited Practising Dietitian and author of the best-selling Australian Healthy Shopping Guide.