



## Quick and Easy Low-fat Cooking in Colour: Low in Fat, High in Taste

By Catherine Atkinson

W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Quick and Easy Low-fat Cooking in Colour: Low in Fat, High in Taste, Catherine Atkinson, Invest 10 minutes in yourself and change up to a better life. I promise! You won't miss a thing - including your old waistline! As Delia says, 'just because you want to eliminate fat doesn't mean you have to eat foods that are boring.'. Firstly I focused on the flavours. Then I made it low fat. You can entertain friends with these quick recipes and be sure they won't guess they are eating low fat. Enjoy good traditional food here and avoid health problems like heart disease, artery problems and excess weight. All you have to do is make the change to be rewarded! You will lose weight and regain your figure. This healthier diet will take years off you! Enjoy my weekly plan of hearty main courses and desserts to get you started. Everything is quick and easy. Simply take the first step and you'll never look back. Eat up, trim down and get healthy. Put youth back into your skin and gloss to your hair. How good is that!.



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