



Fix-It and Forget-It Lightly: 600 Healthy, Low-Fat Recipes for Your Slow Cooker

By Phyllis Pellman Good

Good Books. Paperback. Book Condition: New. Paperback. 284 pages. Dimensions: 8.9in. x 7.0in. x 0.8in. Discover more than 500 recipes that are mouthwatering but guilt-free! From the New York Times best-selling author of the Fix-It-and-Forget-It series comes this new collection of healthy, low-fat recipes for your slow cooker. Each tantalizing recipe comes with an analysis of its calories, and carbs, as well as what it contributes to your daily vitamins and nutrients. Inside, you will find tantalizing dishes like: Chicken Italiano Dilled Pot Roast Chow Mein Lentil and Rice Pilaf Survival Soup Hot Artichoke Dip And More! This innovative reference to healthy- eating is sure to convince you that eating lightly never tasted this good! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

-- **Paolo Spinka**

If you need to adding benefit, a must buy book. It can be filled with knowledge and wisdom I am easily will get a pleasure of studying a composed publication.

-- **Trevor Greenholt DDS**

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