



The 1500-Calorie-a-Day Cookbook (Dieting)

By Nancy Hughes



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The 1500-Calorie-a-Day Cookbook (Dieting) By Nancy Hughes

Eat up. Slim down. It's just that easy--with just 1,500 delicious calories a day!

From the author of *The 1,200-Calorie-a-Day Menu Cookbook*, comes all new recipes for when you are counting calories but don't want to sacrifice flavor, taste, or variety. While most low-calorie meal plans leave you hungry for more, this cookbook serves up a satisfying selection of energy-boosting breakfasts, fast-fix lunches, and delectable dinners--plus two healthy snacks and one guilt-free dessert--every single day! It's hard to believe it's just 1,500 calories.



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Editorial Review

About the Author

Nancy S. Hughes is the author of ten cookbooks and has developed recipes for Weight Watchers, the American Diabetes Association, the American Heart Association, Betty Crocker, and Better Homes & Gardens. She resides in Daphne, Alabama, with her husband, Greg.

Users Review

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Bertha Chang:

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