



# Low Fat Recipes in 30 Minutes: A Low Fat Cookbook with Over 100 Quick & Easy Recipes

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**Low Fat Recipes in 30 Minutes: A Low Fat Cookbook with Over 100 Quick & Easy Recipes** Shasta Press

Create simple and satisfying low fat meals in under 30 minutes!

Low Fat Recipes in 30 Minutes will help you create low fat versions of all your favorite comfort foods. With over 90 simple but mouthwatering low fat recipes that can be made in 30 minutes or less, plus 10 more easy-to-make recipes for your slow cooker, this handy cookbook will take the stress out of planning meals that are low in fat, yet also flavorful and satisfying. Low Fat Recipes in 30 Minutes will also save you time and money in the kitchen, with an easy-to-follow 14-day low fat meal plan, and quick tips to make substitutions based on your dietary needs.

Let Low Fat Recipes in 30 Minutes make healthy cooking easy and fun, with:

- \* 103 low fat recipes including Chocolate Cream Pie, Blackened Chicken Alfredo, and Quick Spicy Garlic Shrimp
- \* 14-day meal plan including low fat snacks and desserts to keep you satisfied
- \* A handy list of 100 key low fat ingredients to keep in your kitchen
- \* Time-saving tips to speed up your cooking
- \* Easy substitutions for common ingredients

Low Fat Recipes in 30 Minutes will keep you healthy, satisfied, and on schedule with comforting and delicious low fat meals.

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