



Cooking that Counts: 1,200- to 1,500-Calorie Meal Plans to Lose Weight Deliciously

The Editors of Cooking Light

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Lose weight and love it with 150+ amazingly tasty recipes and smart tips to stay on track.

Cooking that Counts delivers sustainable 1,200-1,500 calorie-controlled meal plans packed with tasty food in an easy-to-use format. Unlike other weight-loss plans that rely on processed meals and preportioned snacks, the *Cooking Light* solution emphasizes delicious meals prepared with whole, natural foods and teaches proper portion sizes to ensure you lose weight and keep it off, for life.

With more than 150 recipes, readers will enjoy menu variety (hopefully picking up some new favorite recipes along the way!) as well as some flexibility to enjoy desserts and alcohol while still losing weight. More than just a cookbook, the *Cooking Light* editors offer suggestions throughout to create full meals that meet daily calorie goals, as well as providing simple serving suggestions for sides to help readers stay on track without feeling deprived. Readers will find information about fresh, convenient options for when time is tight, including suggestions for healthy readymade foods, shopping guidance, and make-ahead tips.

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From reader reviews:

Tom Johnson:

The book *Cooking that Counts: 1,200- to 1,500-Calorie Meal Plans to Lose Weight Deliciously* can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the good thing like a book *Cooking that Counts: 1,200- to 1,500-Calorie Meal Plans to Lose Weight Deliciously*? A number of you have a different opinion about book. But one aim that will book can give many info for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or info that you take for that, you may give for each other; you may share all of these. Book *Cooking that Counts: 1,200- to 1,500-Calorie Meal Plans to Lose Weight Deliciously* has simple shape however you know: it has great and large function for you. You can seem the enormous world by start and read a book. So it is very wonderful.

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