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## Betty Crocker the 300 Calorie Cookbook: 300 Tasty Meals for Eating Healthy Every Day (Paperback)

By Betty Crocker

Houghton Mifflin Harcourt Publishing Company, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. A comprehensive collection of deliciously filling main dishes- all 300 calories or less! Eating healthy and monitoring calories has never been easier- or more delicious- with this tempting collection of recipes from Betty Crocker. The 300 Calorie Cookbook offers slimmed-down versions of your favorite foods, with family-pleasing recipes for burgers, sandwiches, soups and stews, salads, main courses, even casseroles- all just 300 calories or less per serving. Betty Crocker takes all the guesswork and effort out of calorie counting at mealtime by providing clear calorie counts, comparisons for food swaps, full nutrition information for each recipe, and calorie charts for common ingredients. \* With 300 low-calorie recipes, you'll never run out of tasty, satisfying meals that will still help you stay on track\* Offers a simple, fat-free way to control portion size- perfect for anyone looking to lose or maintain their weight with low-cal dishes or for people with diabetes and anyone who has to carefully monitor their calorie intake \* Forty inspiring full-color photos, proving that healthy cooking can be hearty and delicious The 300 Calorie Cookbook offers easy solutions for anyone counting their calories, letting...



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