



## The Diet Chef s Low Calorie Gourmet Cookbook (Paperback)

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By Myles Omel

Frederick Fell, United States, 2004. Paperback. Book Condition: New. 3rd. 231 x 154 mm. Language: English . Brand New Book. In this sumptuous and slimming cookbook, world-class spa chef Myles Omel shows readers that they can cook without sacrificing flavor. The Diet Chef s Low-Calorie Gourmet Cookbook is filled with 169 gourmet recipes for tasty, low-calorie, low-cholesterol foods.



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### Reviews

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