



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

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

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- Ms. Christy Ondricka DDS

Very good e book and useful one. it was actually written extremely properly and useful. I found out this pdf from my i and dad recommended this publication to discover.

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