



## **Good Housekeeping 400 Calorie Meals: Easy Mix-and-Match Recipes for a Skinnier You!**

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Going low calorie has never been simpler! Every one of these main dishes from *Good Housekeeping* has 400 calories or less, tastes absolutely delicious, and couldn't be easier to prepare. More than 140 irresistible entrées range from Warm Mushroom and Chicken Salad with Bacon to Shrimp Fettuccine, Chiles Rellenos Casserole, and Vegetarian Souvlaki. Round out the meals with 88 tempting add-ons, from yummy appetizers (including bruschetta) to healthy veggie sides and even desserts, like a cookie or Banana Berry Parfait—every main dish is paired with suggestions!

## You won't believe these incredible dishes are just 400 CALORIES!

- o Caramelized Onion and Goat Cheese Panini
- o Italian Tuna and White Bean Salad
- o Veal Parmigiana
- o Chicken Tortilla Soup
- o Barbecue Chicken Cutlets with Citrus Slaw
- o Maple-Roasted Chicken Thighs with Sweet Potatoes
- o Warm Mushroom and Chicken Salad with Bacon
- o Lo Mein with Tofu, Snow Peas, and Carrots
- o Eggplant and Spinach Stacks
- o Butternut Squash and Sage Lasagna

*Features the recipes from three popular books—Good Housekeeping 400 Calorie Chicken, Good Housekeeping 400 Calorie Italian, and Good Housekeeping 400 Calorie Vegetarian—all in one volume!*

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Book is to be different for each grade. Book for children until eventually adult are different content. As you may know that book is very important normally. The book Good Housekeeping 400 Calorie Meals: Easy Mix-and-Match Recipes for a Skinnier You! had been making you to know about other know-how and of course you can take more information. It is rather advantages for you. The reserve Good Housekeeping 400 Calorie Meals: Easy Mix-and-Match Recipes for a Skinnier You! is not only giving you more new information but also to get your friend when you experience bored. You can spend your own personal spend time to read your book. Try to make relationship while using book Good Housekeeping 400 Calorie Meals: Easy Mix-and-Match Recipes for a Skinnier You!. You never feel lose out for everything when you read some books.

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#### **Carolyn Alcantara:**

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away your brain but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

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