



The Great American Eat-Right Cookbook: 140 Great-Tasting, Good-for-You Recipes

Jeanne Besser, Colleen Doyle

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Eating right and being physically active can lower cancer risk, and the recipes and tips in this cookbook are designed to make it fun and easy to add pizzazz without adding unwanted calories or fat. Accessible seasonings and simple, sensational preparation styles deliver nutritious, mouth-watering impact to the taste buds, while a wide variety of menu items will inspire all cooks.

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