



THE COMPLETE



# LOW CHOLESTEROL COOKBOOK FOR BEGINNERS

Robin K. Solis

## 1500 DAYS

of Nutrient-Packed and Heartwarming  
Recipes with a 28-Day Meal Plan to  
Promote a Balanced Lifestyle

# The Gourmets Low Cholesterol Cookbook

**Elizabeth S. Weiss, Rita Parsons  
Wolfson**

## **The Gourmets Low Cholesterol Cookbook:**

**The Gourmet's Low Cholesterol Cookbook** Elizabeth S. Weiss,Rita Parsont Wolfson,1978      **The Gourmet's Low Cholesterol Cookbook** Elizabeth S. Weiss,Rita Parsont Wolfson,1973      Francine Prince's New Gourmet Recipes for Dieters Francine Prince,1986      The Healthy Gourmet Cookbook Mary Harrison Carroll,1989      **The Diet Food Finder** Joan T. Casale,1975      **Gourmet Cooking for Cardiac Diets** Nellie Feil,1953      *The Gourmet's Low-Cholesterol Cookbook* Elizabeth Weiss,Rita P. Wolfson, L.H.,1980-05-01      **The Joslin Diabetes Gourmet Cookbook** Bonnie Sanders Polin,Frances Towner Giedt,Joslin Diabetes Center,1993 Working in conjunction with the world famous Joslin Diabetes Center Polin and Giedt both of whom are diabetic have assembled a mouth watering collection of 300 original recipes from appetizers to desserts Each is carefully designed for the diabetic and comes complete with nutritional specifications      *The International Slim Gourmet Cookbook* Barbara Gibbons,1995 The International Slim Gourmet takes you around the world giving you the taste of Italian French German Indian Mexican Chinese and other great cooking traditions It's a gourmet tour with a special twist the perfect way to broaden your culinary horizons without widening your waistline And it's packed with lots of extras including Tips for de calorizing appetizers and party treatsSecrets for sweetening with little or no sugarIdeas for stretching high calorie supermarket mixes into diet dishesGreat ways to use food processors and microwave ovens to create low calorie meals and treatsSuggestions for making and freezing dishes so that you can be a frequent flyer to any corner of the gourmet worldIf your fond of flan partial to pilaf or hooked on hasenpfeffer if your idea of adventure includes exotic treats and surprising tidbits take a trip into your own kitchen with the guidebook that leaves the calories behind but never sacrifices taste and the pleasure of eating      **The Slim Gourmet Cookbook** Barbara Gibbons,1993-12 How would you like to feast on such meals as Cheese Omelet Florentine Flank Steak Bordelaise or Sole Stuffed with Crabmeat And what about dessert Can you see yourself digging into Spiced Chocolate Rice Pudding or Apple Cheddar Cheesecake 2 With Barbara Gibbons help you can welcome back those comfort foods and taste bud treats that you thought you had bid farewell to forever Well known for her syndicated Slim Gourmet column Gibbons shows you how to take those favorite recipes the ones filled with dangerous things like chocolate cheese and steak to name a few and edit out the unnecessary fats starches and sugars while leaving the taste intact      Directory of Food and Nutrition Information for Professionals and Consumers Robyn C. Frank,Holly Berry Irving,1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information      **The Gourmet Gazelle Cookbook** Ellen Brown,1991 Winner of the 1st prize in the Healthy and Light category of the prestigious IACP Seagram cookbook

awards here is a volume of glorious and healthful recipes from one of America's top food writers **Francine Prince's Gourmet Recipes for Diabetics and Those on Restricted Diets** Francine Prince,1989 *Krystine's Healthy Gourmet Bakery Cookbook* Krystine Crowell,1998 From the celebrated Bakery to the Stars in Brentwood California Krystine Crowell serves up sensational rich tasting desserts such as Lemon Poppy Seed Scones Chocolate Brownie Pudding Tart Nonfat Cinnamon Raisin Rolls Brentwood's Finest Chocolate Chip Cookie Dough Cheesecake and more all guilt free Includes nutrient analyses for recipes *Strokes & Their Prevention* Arthur Ancowitz,1987-08 **Gourmet Recipes for Diabetics** Dorothy Tompkins Revell,1971 **Food & Wine** ,1995 **Lilith** ,1989 *The Long Life Gourmet Cookbook* Barry Herman,Bill Lawren,1984 **Microwave Gourmet Healthstyle Cookbook** Barbara Kafka,1989 Over 400 recipes for wonderfully appealing dishes rich in nutrients and fiber low in fat salt cholesterol and calories

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