



The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts

Nancy Hughes

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Imagine savoring three delicious, satisfying meals every day without worrying about counting calories or calculating fat grams. Now you can enjoy hundreds of combinations of tempting, flavorful breakfasts, lunches, dinners--even desserts--*all for only 1200 calories a day.*

Every dinner contains no more than 400 calories per serving. Each breakfast and lunch contains only 350 calories per serving, and every delicious dessert contains just 100 calories per serving. All you have to do is select the meals you want to combine for any particular day.

Choose from such low-calorie offerings as:

- Buttermilk pancakes with blueberry sauce, canadian bacon, and sliced oranges
- Roast beef salad with blue cheese in pitas and fresh apple slices
- Sliced turkey with mushroom gravy, whipped potatoes, peppered peas, and apricot halves
- Raspberry-kissed pears in phyllo nests

Each low-calorie, low-fat recipe includes easy-tofollow instruction and fat grams per serving. Many recipes can be prepared in 15 minutes or less.

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