

图书基本信息

书名：<<Just 100 Calories 低热量健康食谱>>

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内容概要

Just 100 Calories is the perfect book to help you eat a healthy and balanced diet. It provides a range of practical and delicious calorie counted recipes, so you can see at a glance exactly how many calories there are in each dish. Among the carefully chosen recipes are spicy fish dishes; exotic chicken meats, some favorite meat recipes, as well as delicious vegetarian suggestions. If you have a sweet tooth, there are some great desserts, together with some fabulous drinks for you to try: Beautifully illustrated with full-color photography, all the recipes in this book are written in easy-to-follow, step-by-step instructions, and are simple to prepare and cook. So get counting and cooking, and see how easy it is to prepare and eat a balanced diet that is as delicious as it is healthy.

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