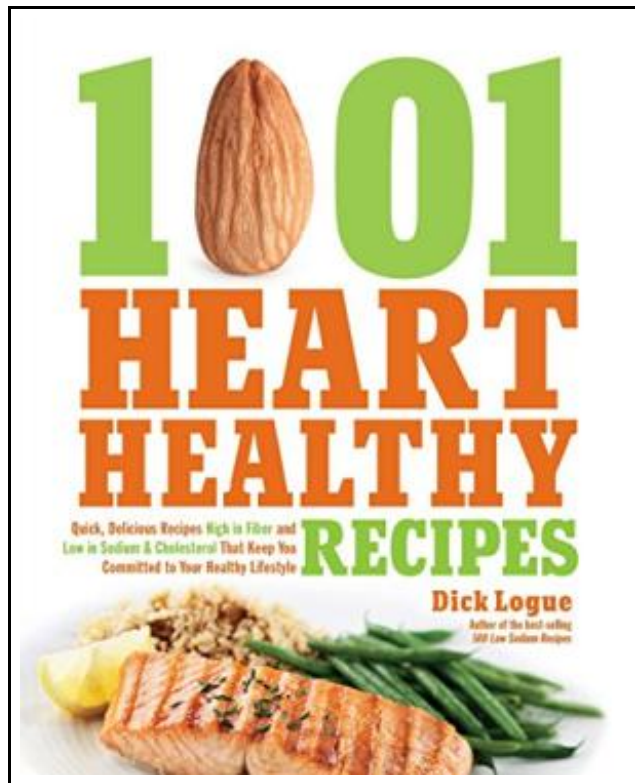


1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle



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(Laurence Littel)

1,001 HEART HEALTHY RECIPES: QUICK, DELICIOUS RECIPES HIGH IN FIBER AND LOW IN SODIUM AND CHOLESTEROL THAT KEEP YOU COMMITTED TO YOUR HEALTHY LIFESTYLE



Fair Winds Press. Paperback. Book Condition: New. Paperback. 576 pages. Dimensions: 9.1in. x 7.4in. x 1.8in. A compilation of Dick Logues two popular books, 500 High-Fiber Recipes and 500 Low-Cholesterol Recipes, 1, 001 Heart Healthy Recipes brings you all the nutritious recipes you could ever need for maintaining a healthy lifestyle, from light and fresh main dishes to guilt-free snacks and desserts. Whether youre following a low-cholesterol diet based on the doctors order, or simply just looking to eat healthier and drop a few pounds, 1, 001 Heart Healthy Recipes gives you limitless options for delicious, easy-to-prepare meals, including recipes for foods you thought you had to give up forever, such as Deep Dish Pizza, Enchiladas, and Devils Food Cake. With fast-and-fresh choices at your fingertips, staying the heart-healthy course is easier than ever! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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