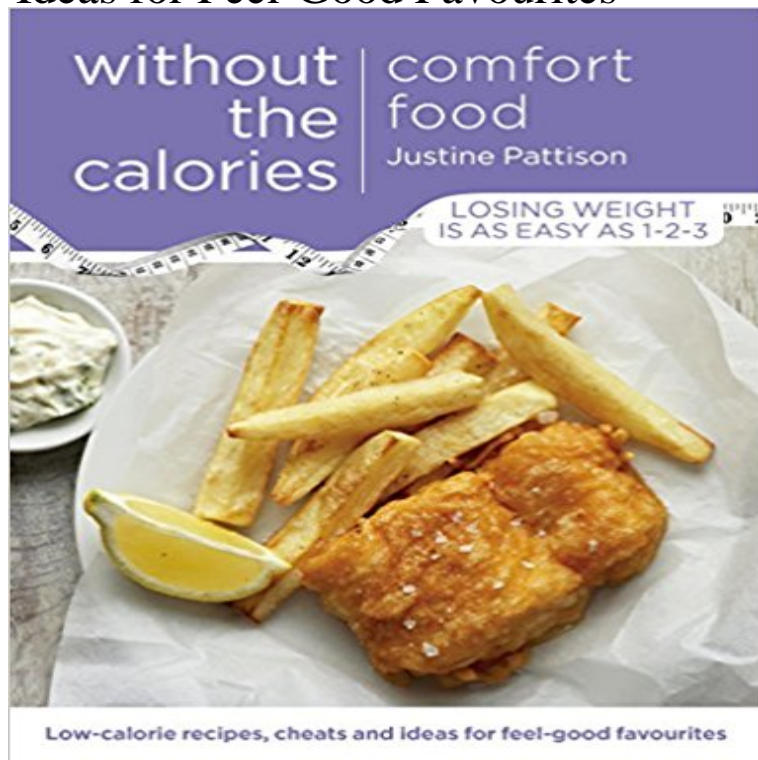


Comfort Food Without the Calories: Low-calorie Recipes, Cheats and Ideas for Feel-Good Favourites



Comforting low-calorie recipes that make losing weight as easy as 1-2-3. COMFORT FOOD WITHOUT THE CALORIES takes all the hassle out of cooking your favourite feel-good food, the low-cal way. In the WITHOUT THE CALORIES series, bestselling recipe writer Justine Pattison's 123 Plan provides an easy-to-follow approach to your daily meals. Each calorie-counted recipe has been triple tested, with tips and ideas to enhance your low-cal cooking experience, plus additional nutritional information to suit any diet regime.

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