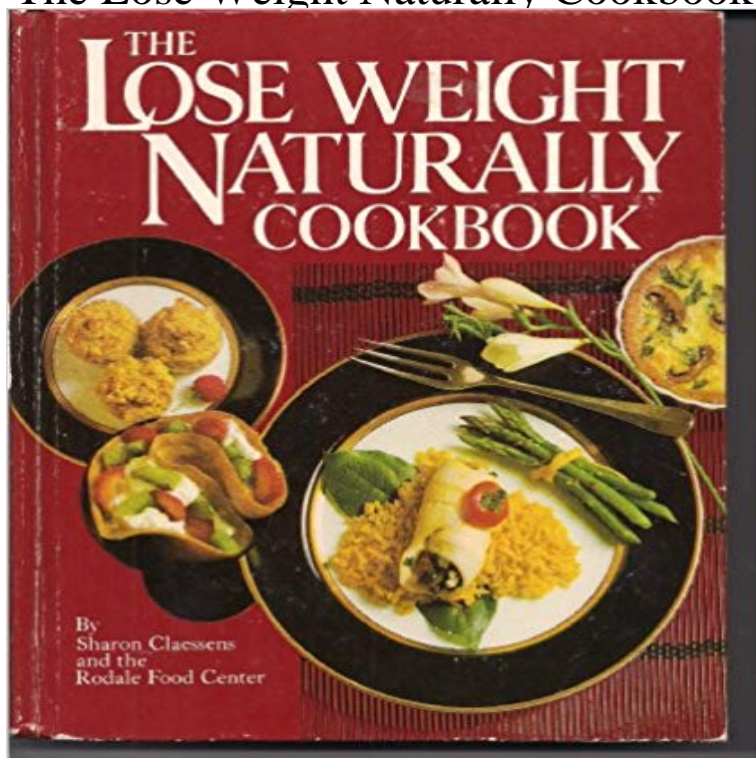


The Lose Weight Naturally Cookbook



Why fuss with calorie counts? Let The Lose Weight Naturally Cookbook do it for you! The three-star Weight Loss recipes - those lowest in calories - are all natural, fresh and nutritious dishes you're bound to love eating when you start out on your weight-loss quest. As you reach your goal and even retain it, you'll want to switch to the two-star Maintenance dishes - those slightly higher in calories. And for those occasions when you feel the urge for something special at any time during your weight-loss program, you'll want to turn to the one-star Treat Yourself Thin dishes, those extra-special goodies specially created within a calorie range that won't spell disaster for all your efforts.

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