



Skinny Winter Warmers Recipe Book: Low Calorie Soups, Stews, Casseroles One Pot Meals Under 300, 400 500 Calories

By Cooknation

Bell Mackenzie Publishing, United States, 2013. Paperback. Book Condition: New. 210 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.The Skinny Winter Warmers Recipe Book ?Low Calorie Soups, Stews, Casseroles One Pot Meals Under 300, 400 500 Calories When the days become shorter, darker and colder and foliage turns to magical autumnal colours, is there anything more comforting than a homemade stew, casserole, one pot or soup to warm the soul? Traditionally winter warming foods are rich, filling and more often than not, laden with carbs, calories and fats. Many of us become less active in the winter months compared to other parts of the year. We have less daylight hours to stay busy, harsher weather to contend with and a primal instinct to stay inside for longer to keep warm. Combine all these elements and before you know it the winter months can mean you accumulate extra pounds that are difficult to shed. Hearty, winter warming meals needn't be high in calories. With careful preparation and thought you can still enjoy the best in comfort food without worrying about putting on weight. All our Winter Warmer recipes fall below 200, 300, 400 or...



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