



## Low Calorie Cookbook (Ideals Cook Books)

*Darlene Kronschnabel*

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# Low Calorie Cookbook (Ideals Cook Books)

*Darlene Kronschnabel*

**Low Calorie Cookbook (Ideals Cook Books)** Darlene Kronschnabel

These recipes strip away extra calories by using lean meats, poultry, fish, fresh fruits, and vegetables.

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