



# **Taste Of Home Quick & Easy Comfort Food Diet Cookbook "Slim Down with 380 Satisfying Recipes"**

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## **Taste Of Home Quick & Easy Comfort Food Diet Cookbook "Slim Down with 380 Satisfying Recipes"**

Catherine, ed. Cassidy

Losing weight never tasted so good! You can shed pounds and still eat the satisfying, heartwarming foods you love most. The Comfort Food Diet Cookbook takes a commonsense approach to weight-loss so you can enjoy the foods you crave ... morning through night. Take a look inside and you'll find: \* 433 family recipes \* 6-week meal plan \* clip-out calorie chart \* More than 350 color photos. Bonus: Exclusive access to online weight-loss tools. Free magazine subscription \$23.94 value details inside.

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