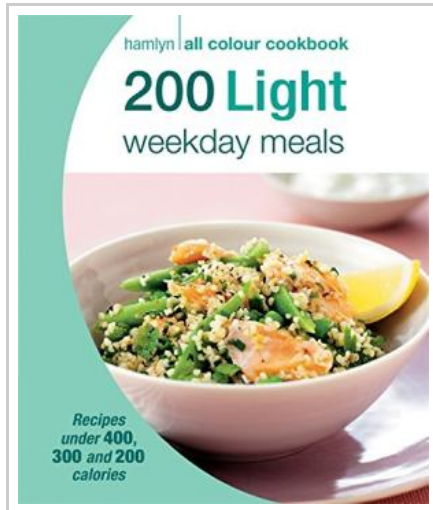



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200 Light Weekday Meals

By Angela Dowden

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 200 Light Weekday Meals, Angela Dowden, For many, cooking in the week is a bore; it's a 'must-do' rather than a 'want to' activity in their busy schedule, and when energy levels are low, it's all too easy to reach for a take away menu and break the diet. However, thanks to this simple recipe collection, cooking can be a creative, therapeutic and above all, a brief process! These recipes will kick-start your enthusiasm and tantalise your tastebuds, and to top it all off, they're all between just 300 and 500 calories!.



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