



To a New You: Cook Book (Paperback)

By Krista Simons

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Large Print. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This cookbook is part of the To a New You collection This Cookbook is filled with healthy meals and snacks that are great for any diet or healthy living. All recipes are low calorie, low carb, high in fiber, and sugar friendly. After breakfast take a pick of any of the yummy lunch or dinner recipes and then dive into a very yummy treat to finish your day off right.



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