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in this attractive and helpful cookbook neva has collected her favorite recipes to help you prepare wholesome delicious meals for you and your family here are salads dips dressings soups sauces and entrees prepared with non diet ingredients for maximum nutrition and eye appeal but with minimum calories the free to be thin cookbook also includes these helpful additions a complete chart on the sugar content of 62 breakfast cereals a chart on how to get your necessary proteins without meat the cost of a day s worth of protein from 20 different food sources how to care for cheeses a complete diet guideline chart for men and women a

complete list of food facts detailing what to eat and what to avoid menu ideas tips on entertaining 200 recipes for attractive nutritious delicious low cal meals

300 fat free desserts diabetic exchange list sugar substitute chart and honey conversions every recipe under 1 gram of fat per serving

the sixth volume in neva coyle's popular devotional daybook series this work gives clear direction for those who long to linger in god's presence and sense his nearness she shows how even the busiest christian can incorporate devotional quietness as a part of daily life her practical insights and biblical illustrations invite readers to discover for themselves the strength found in moments of silence

jyl steinback america's healthiest mom is committed to a mission of helping others get healthy two simple rules drive steinback move your body and eat what you love just cut down on the fat this book contains all new recipes for fat free dishes that are perfect for every day special occasions and more includes diabetic exchanges

the totally revised and updated successful weight management plan million copy bestseller

mary has been taking care of joshua 24/7 for over 17 years he came to live with his grandma at age 12 and it has been an adventure for both of them some adventures will make you cry and some will make you laugh during the course of trying to make joshua a life of quality healthy and calmer mary worked on old family recipes she also created new gluten free and cow dairy meals she shares there and other lessons learned besides joshua's ups and downs mary also gives you a caregiver's perspective not only on joshua she covers problems created by government and medical persons making decisions about the handicapped primarily she shares her faith which gives her the strength to keep going

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noteworthy contributors including lois evans vonette bright serita jakes anna hayford bobbie houston kay arthur and lisa bevere offer encouragement to women in ministry and pastors wives

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