



# **Mediterranean: The Low-Fat No-Fat Cookbook: 200 fat-reduced recipes from the world's healthiest cuisine**

*Anne Sheasby*

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This book gives invaluable information about planning a low-fat diet, healthy eating guidelines and techniques, as well as tips for buying, preparing and cooking the ingredients. Then follow 200 classic and contemporary recipes from the Mediterranean regions of Spain, France, Greece, Italy, Turkey and Morocco.



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