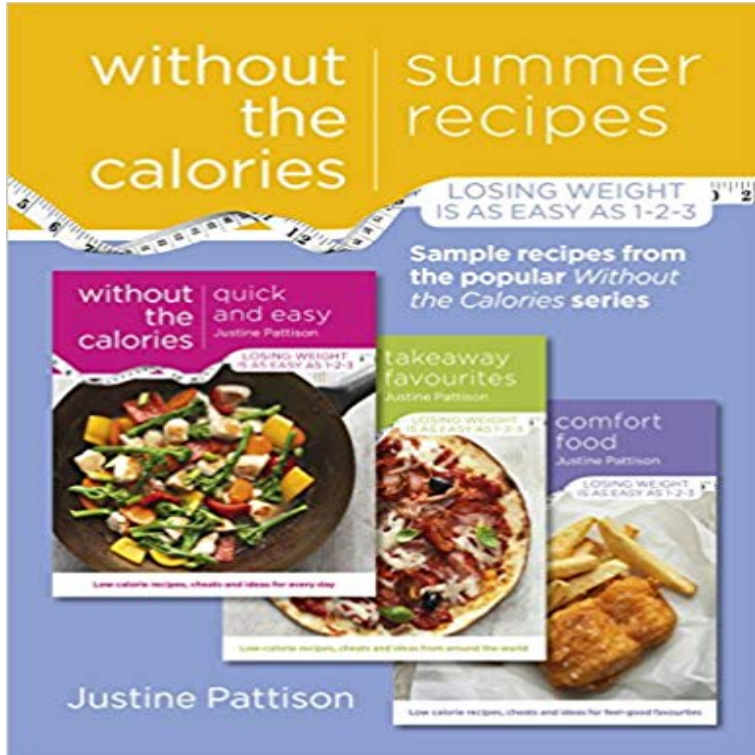


Summer Recipes Without the Calories: Sample Recipes from the Popular Without the Calories Series



In the WITHOUT THE CALORIES series, bestselling recipe writer Justine Pattison's 123 Plan provides an easy-to-follow approach to your daily meals. Each recipe in the series has a triple-tested calorie count, provides tips and ideas to enhance your low-cal cooking experience, plus additional nutritional information to suit any diet regime. Now Justine has hand-picked ten of her favourite light dishes from her WITHOUT THE CALORIES series to help you stay on track through the summer.

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