



Taste of Home: Everyday Light Meals

Taste of Home Editors

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Indulge in delicious meals without an ounce of guilt! Treat your family to great-tasting food with over 400 healthy recipes and 90 complete menu plans to help you speed through dinner preparation. You'll discover how to trim excess fat, and reduce your sodium, carb, and calorie intake from your favorite meals. From savory appetizers to irresistible entrées, it's the most delicious way to eat light!

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