



Unislim: Recipes for Success

Fiona Gratzer

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Recipes for Success provides an easy and varied range of meals aimed at everyone interested in healthy eating. Whether it's a quick after-work meal, a fancy dinner, a family favorite or a weekend treat you crave, Unislim has put together a collection of tasty recipes that combine fresh, wholesome ingredients with low-fat cooking techniques in a recipe collection you'll use for years to come. Each recipe in this collection includes a Unislim Unit count and general nutritional information. Recipes for Success will appeal to anyone who wants to cook healthy, low-fat meals, as well as those on the Unislim program. With mouth-watering photographs to accompany each recipe, this book makes eating well easier than ever. Unislim Unit count for every recipe Comprehensive introduction and healthy eating guidelines Full color, step by step recipes

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