



# **Cooking Light Eat Smart Guide: 350-Calorie: Recipes - Hints - Tips: 90 Fresh, Quick & Easy Dishes**

*Editors of Cooking Light Magazine*

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Confused shoppers overwhelmed with products promising to be 'low-cal', 'natural', 'light', and 'healthier' will reach for "The Cooking Light Eat Smart Guide 350-Calorie" to give them real-world answers. We know what busy shoppers want: yummy, healthy, quick, low-calorie choices for themselves and their families - and packed in this little gem of a book are answers from the most trusted healthy cooking brand. For those on a special eating plan who need to count calories, this book will get them out of the frozen food aisle and back to fresh ingredients; for the rest, they can plan meals without having to wonder 'is this really good for me?'.



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