

[PDF] Fix-It And Forget-It Lightly Revised & Updated: 600 Healthy, Low-Fat Recipes For Your Slow Cooker

Phyllis Pellman Good - pdf download free book

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Description:

From the Back Cover

By New York Times bestselling author Phyllis Pellman Good

This volume in the best-selling Fix-It and Forget-It tradition gives you more than 500 new and revised recipes that are mouth-watering but guilt-free. Now you can choose healthy, light dishes, fix them quickly, and then forget about them until mealtime.

With each recipe in Fix-It and Forget-It Lightly comes an analysis of its calories, fats, and carbs, as well as what it contributes to your daily vitamins and nutrients.

--This text refers to an out of print or unavailable edition of this title.

About the Author

Phyllis Pellman Good is a New York Times bestselling author whose books have sold more than 11 million copies. Good is the author of the nationally acclaimed Fix-It and Forget-It slow-cooker cookbooks, several of which have appeared on the New York Times bestseller list, as well as the bestseller lists of USA Today, Publishers Weekly, and Book Sense. The series includes eight titles. The most recent are Fix-It and Forget-It Pink Cookbook, to benefit the Avon Foundation and Fix-It and Forget-It Diabetic Cookbook, Revised and Updated, with the American Diabetes Association. Good is also the author of the Fix-It and Enjoy-It series, a "cousin" series to the phenomenally successful Fix-It and Forget-It Cookbooks. Phyllis Pellman Good is Executive Editor at Good Books. (Good Books has published hundreds of titles by more than 135 authors.) She received her B.A. and M.A. in English from New York University. She and her husband, Merle, are the parents of two young-adult daughters. For a complete listing of books by Phyllis Pellman Good, as well as excerpts and reviews, visit www.Fix-ItandForget-It.com or www.GoodBooks.com.

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