



500 400-Calorie Recipes: Delicious and Satisfying Meals That Keep You to a Balanced 1200-Calorie Diet So You Can Lose Weight without Starving Yourself

Dick Logue

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For people looking to shed pounds and live more healthfully, eating meals in the 400-calorie range is your secret weapon to weight loss success. Not only do these meals fuel your energy, rev metabolism, and keep you feeling full longer, but they also help you stick to a daily caloric range of 1200 to 1500 total calories, which is ideal for tipping the scales in your favor.

Whether you're on a weight loss plan already, or looking to begin anew, *500 400-Calorie Recipes* is your one-stop shop for healthy, deliciously comforting meals that won't bust your fitness goals, but rather boost you to them!

The book works by expertly focusing on nutrient-dense, low-calorie ingredients that you can eat in abundance—such as leafy greens, artichokes, and berries—and combining them with smaller portions of equally filling foods like whole grains, beans, eggs, and poultry. The result? Four hundred mega-satisfying meals that cover your every craving and desire, from wholesomely hearty breakfasts to decadent treats that won't break the (calorie) bank.

Start losing weight—by filling your plate!—with *500 400-Calorie Recipes*.



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