



Ann Louise Gittleman's Eat Fat, Lose Weight Cookbook

Ann Louise Gittleman, Ann Castro, Claudia Krevat

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Ann Louise Gittleman's Eat Fat, Lose Weight Cookbook--the companion to the bestselling *Eat Fat, Lose Weight*--includes 150 recipes for delicious dishes which will not only speed up the metabolism but will also help lower the risk of heart attacks, Alzheimer's disease, arthritis, breast cancer, even PMS. The robust flavors and heady aromas of the recipes included in this groundbreaking book will delight the palate and put the pleasure back into healthy eating.

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