



The Shape Slim Down Cookbook: 200+ healthy recipes for breakfasts, lunches, dinners, and snacks

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Healthy never tasted so good! Based on the science-backed diet plan from The SHAPE Slim Down, this cookbook is packed with 205 delicious meals to help you eat up and slim down the healthy way. The daily meal plan is as simple as this: a 300-calorie breakfast + a 400-calorie lunch + a 500-calorie dinner + two 150-calorie snacks = results you can see.

You'll eat well, lose weight, feel great, and keep the pounds off for good. The meals are easy to make, too, with ingredients that are already in your kitchen. You'll dig into dishes like Peaches 'n Cream Crepes and Steak and Pepper Tacos and never, ever feel hungry or deprived.

Forget about diets, this way of eating is a lifestyle you'll love, which is why it works. It's as deliciously simple as that.

Brought to you by the editors of SHAPE magazine, The SHAPE Slim Down Cookbook is a companion to The SHAPE Slim Down, a science-backed plan to lose 10 pounds in four fast weeks.

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