

T ♦ H ♦ E
1200-Calorie-a-Day
Menu Cookbook

*Quick and Easy Recipes for
Delicious Low-Fat Breakfasts, Lunches,
Dinners, and Desserts*



• 350-calorie breakfasts • 350-calorie lunches
• 400-calorie dinners • 100-calorie desserts
Select the recipes you want for your day's 1200-calorie menu!

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The 1200-Calorie-a-Day Menu Cookbook : Quick and Easy Recipes for Delicious Low-fat Breakfasts, Lunches, Dinners, and Desserts



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Imagine savoring 3 delicious, satisfying meals each day without worrying about counting calories or calculating fat grams. Each breakfast and lunch contains only 350 calorie consumption per portion, and every delicious dessert includes just 100 calories per portion. Pick from such low-calorie offerings as: Buttermilk pancakes with blueberry sauce, canadian bacon, and sliced oranges Roast beef salad with blue cheese in pitas and refreshing apple slices Sliced turkey with mushroom gravy, whipped potatoes, peppered peas, and apricot halves Raspberry-kissed pears in phyllo nests Each low-calorie, low-excess fat recipe includes easy-to-follow instruction and fat grams per serving. Now you can enjoy hundreds of combinations of tempting, flavorful breakfasts, lunches, dinners--even desserts--all for only 1200 calories a time. All you have to do is select the meals you want to combine for just about any particular day. Every dinner contains only 400 calories per portion. Many recipes could be prepared in quarter-hour or less.



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Fail Wish I possibly could give it significantly less than 1 celebrity. All I know is this book is too active for me personally to do every day of the week. If you're cooking just for yourself, it's most likely fine, but don't expect your loved ones to like dappling in recipes such as rolled ham with cream cheese and lovely red poppy fruit-lettuce platter. The only nutritional value outlined is calories and fat. What about protein? Fiber? The 1500 calorie a day cookbook by the same writer has full diet info. Fail Not for me Cheap publication. I want a cookbook with images especially for a diet plan cookbook. You need to be tempted to try the recipe and just reading it doesn't work for me personally. Plus, I do not have time to create food with therefore many ingredients each day or every meal. Breakfasts Yummy, Dinner Okay What I love: I have tried some of the breakfasts, with tweaks since I do not use synthetic body fat like margarine and will no longer eat dairy. It's very easy to plan out your day/weeks meals in this manner to. I get a lot of meals and it's really only 350 calories. The majority are seasonings to make the food flavor good.. I end up needing to guess and I am notorious for over-cooking things. Nothing really stands out, and, quite frankly, in this point in time you can find virtually any kind of recipe online. I understand that each recipe requires a large amount of ingredients because, to be able to match daily nutrient requirements, you perform need to eat a protein, starch carb, and fibrous carb so that leads to plenty ingredients when you add in the writer wants you to actually taste it. There are a few things I really do not like: 1. Sadly, I produced a pasta chicken dish that took period and it still tasted bland. I will donate this book. The lunch and supper quality recipes do have a LOT of ingredients. Obviously, I am going to eat simpler food after my groceries have died this week. Unfortunately, the recipes in this publication are so unusual for lunch and dinner that I didn't even attempt them. 4. Because of the above, I really do not think I am slimming down. Printed up aspect down (discover video). But, the breakfasts are yummy so I am still happy I purchased the book. Boring Recipes The recipes in this book aren't particularly creative. I read some evaluations on her 1500 calorie reserve and bought it as well. Not "Fast and simple" Don't buy this if you don't have lots of time available for meal prep and are okay with 15+ ingredients per recipe. There is also no pics in the book to give you an example of everything you might end up with, but it's very easy to follow, you can't actually mess it up anyhow. I thought this cookbook was going to be great to greatly help me eat 1200 calories a day..but what in addition, it has is a side panel on each web page letting you know what side dishes to possess. This may or may not create much extra work for the cook. I've not tried them yet. Recipes are OK I actually love that this is set up as a total mix and match system, and for that it's excellent. I eat 5 meals a day now, so I still have to devote a lot of leg work to get my calorie count best. 3. PLUS DESSERT! 7. Extra fat per serving and calories receive.. I wish these were. Easy to check out / Good tasting recipes I avoid the book all the time, but when I do, I'm satisfied. The recipes are all easy to follow. They're all mainly for servings of 4 (which is not really a review & switching measurements isn't that hard, however in case you simply wanted to know). Well, it can. Easy peasy. Even with the tweaks, the breakfasts are tasty! You can merely flip to the breakfasts--point--& Having said that, there are some good 100-calorie dessert recipes, and some of the others worked for me as well. Each recipe is almost the same calorie range so there's not much to mess you up within calorie counting. You choose your breakfast, lunch, dinner & snack. Up to now I've enjoyed every recipe I tried. 6. Also, the dietary info is definitely skimpier than what's provided by some cookbooks; I don't know who makes meals for 4 anymore, and if 2 of these are children you would certainly NOT hook them up to a CR diet plan. don't have it is nothing That I could use a waste of money for me The recipes are hard and you must buy a whole lot of items that you don't have it is nothing That I can use a waste of money for me. b) some of the recipes demand

cooking stuff specifically with an attention to throwing them aside, especially when it involves eggs and egg yolks. I hate wasting food. she offers you the calorie and fat-gram counts, but that's it - no saturated fat, trans fat, or sodium figures. Oven temperatures and time to cook aren't stated sometimes. Easily reduced in size also (if required).. Because I really do not substitute fake butter for true butter and mayo and such, I am probably consuming more than 1200 calories. The seller HAD to know this before they delivered it if you ask me.I'm pleased that I bought the American Center Association Low-Calorie Cookbook: More than 200 Delicious Quality recipes for Healthy Eating. You can still manage your 1200 calorie diet using this reserve and the quality recipes are much more down to earth than this cookbook. You can read my review on that cookbook to obtain a better idea of everything you could make for a meer 300-400 calories a meal. This book still makes it too much work for me personally.!! People say it has less ingredients. I have two concerns about the publication:a) it is for 4, everything is usually for 4. Seems Great, but Isn't. make it, then do the same for lunch. I guess I got my money's worth, however the cover says "Quick and Easy Recipes," and that they are not.5. I've made many of them, and they're good, just kind of boring.2. I don't recommend this book if you don't truly need preplanned meals spelled out for you personally, which the writer of this cookbook does well. Helpful Lots of great recipes Five Stars seems enjoy it has some easy recipes Five Stars like book Five Stars excellent Three Stars maybe I didn't browse close enough, but We didn't realize the meals were all designed for 4 servings. Four Stars Some very nice meals in here.. . Proteins count and Carb count aren't.. Kids need all the quality calories they are able to get.



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