

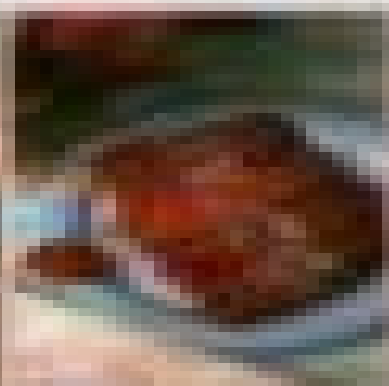
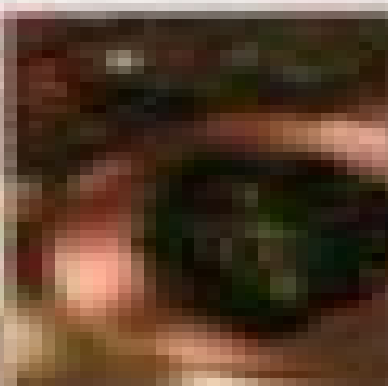
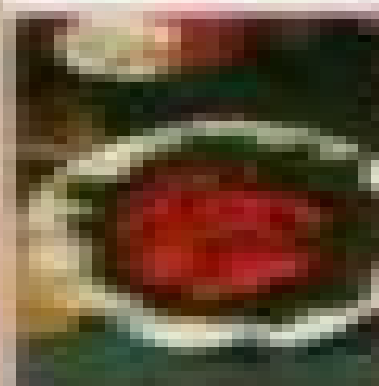
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T • H • E

# Four-Course 400-Calorie Meal

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*Quick and Easy Recipes for  
Delicious Low-Calorie, Low-Fat Dinners*



- 100-calorie salads • 50-calorie soups • 100-calorie desserts
- 100-calorie vegetables (baked) • 100-calorie drinks

NANCY SHERIDAN

# Four Course 400 Calorie Meal Cookbook

**Richard Bailey**



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