



Daniel Diet Comfort Foods: 50 Easy to Prepare Comfort Food Recipes

Karen Miller

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Daniel Diet Comfort Foods:50 Easy to Prepare Comfort Food Recipes Are you a fan of delicious, scrumptious and yet nutritious food that satisfies your cravings at odd hours? How many times you feel like eating something that is extremely delicious but don't feel like going out? Nothing beats the joy of being able to enjoy great food, right? Everyone loves food, we all do. But wouldn't it be great if you could eat all the amazing food that you crave for and not have to worry about the weight you will gain afterwards? Exactly! This is what this book is all about.

In this book you will find:

- 1. Easy Recipes to All the Amazing Comfort Food**
- 2. Ways to Reduce Calories from Your Food Portions**
- 3. How you can be creative while cooking your food.**

But this is not all that this book has to offer. In this book you will also find recipes and ingredients that have been added to these recipes especially so that you can keep check on your weight, cholesterol and physical well-being. Be assured that with help of this book you will enjoy cooking more than usual.

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