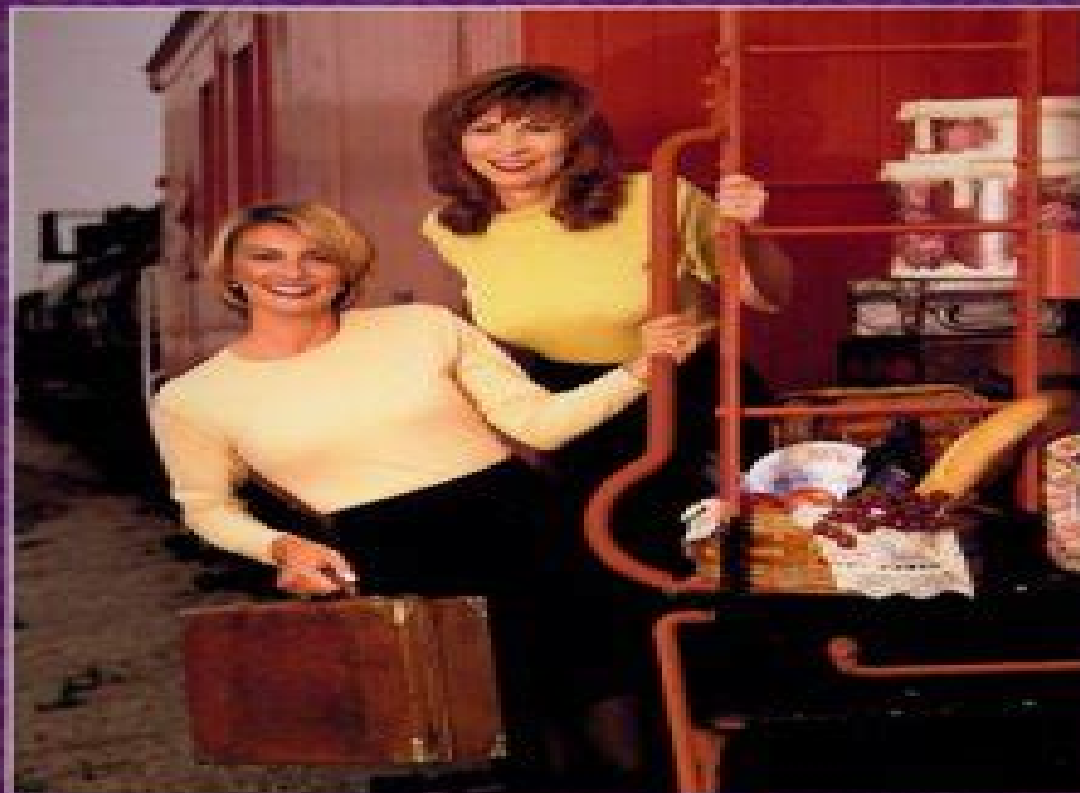


Around the World



with
Wendy and Barb

More Great-Tasting, Low-Fat Recipes from the Authors of
Spread Yourself Thin

Around The World With Wendy And Barb More Tasting Low Fat Recipes

RC Schank



Around The World With Wendy And Barb More Tasting Low Fat Recipes:

Around the World with Wendy and Barb Wendy Buckland,1999 **Around the World with Wendy and Barb** Wendy Buckland,Barb Nicoll,1999 From the fun fit bestselling authors of Spread Yourself Thin another feast of sensuous and guilt free recipes to enhance your health and tempt your tastebuds Wendy and Barb dish out more than 150 fast easy low fat recipes from around the globe Their weight loss trek begins on Canada s west coast with dishes inspired by ocean and rainforest From there these gals on the go touch down in the U S for a Pennsylvania Dutch farm dinner followed by traditional jerk chicken from Jamaica hot and fragrant with island spices Then it s on to England for a British bobby s pub lunch and across the Chunnel to dine alfresco in the south of France On their way home Wendy and Barb experience the taste delights of the Mediterranean and the sensuous allure of Asia but they can t resist a side trip to tuck into some saucy Aussie edibles internationally themed menus for easy party planning sensational recipes for appetizers salads mains and yummy desserts wine beer and cocktail selections for each menu dozens of weight loss healthy eating and fitness tips easy to use lay flat binding fat and calorie content low low low This brand new cookbook proves that Wendy and Barb s passionate eat healthy and enjoy life message travels exceptionally well You can lose weight love eating and have fun Wendy Buckland and Barb Nicoll knew they had a story to tell when they lost 30 and 65 pounds respectively by eating sensible low fat diets and following an invigorating fitness regime Eager to share their success with others they began holding seminars and started their own line of You Won t Believe This Is Low Fat products available in grocery stores across Canada Along the way they wrote two bestselling books Armed and Dangerous in which they shared their inspiring weight loss stories and Spread Yourself Thin packed with fabulous recipes Wendy and Barb live in Burlington Ontario with their families Canadian Books in Print Author and Title Index ,1975 **Canadian Books in Print** ,2003 *Quill & Quire* ,2009 Canadian Books in Print Marian Butler,2000 *Forthcoming Books* Rose Arny,2002 **American Book Publishing Record** ,1998 **The Publishers Weekly** ,2000 **Subject Guide to Books in Print** ,1997 *Library Journal* ,1999 *The Library Journal* ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Subject Guide to Children's Books in Print 1997 Bowker Editorial Staff,R R Bowker Publishing,1996-09 Paperbound Books in Print ,1992 **Cincinnati Magazine** ,2001-10 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region The Standard Periodical Directory ,1993 *The National Culinary Review* ,1998 *Chronicle of the Horse* ,1973-04 Bibliographic Index ,2001 **USA Today Index** ,1990

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