



The Lite Lifestyle

Laura Creavalle

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The Lite Lifestyle Laura Creavalle

Laura Creavalle tackles low fat and low sugar cooking with the zeal and effort that garnered her 5 World titles in the field of bodybuilding. The Lite Lifestyle Cookbook, is her own personal collection of 150 completely fat free and sugar free recipes designed with rapid weight loss in mind. Unlike many cook books which call for a seemingly unending array of ingredients and often require complicated steps to prepare, these recipes are simple and require a small handful of ingredients to make scrumptious extreme-low calorie meals!

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