

Four Course 400 Calorie Meal Cookbook

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Summary:

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The four-course, 400-calorie meal cookbook (Book, 1991 ... The four-course, 400-calorie meal cookbook. [Nancy S Hughes] -- Imagine savoring delicious, flavorful four-course meals--each complete with a salad, entree, vegetable, and dessert--whenever you want to, without worrying about calories or fat. Four Course - Wikipedia Four Course (1928 - 1932) was a British Thoroughbred racehorse. She was one of the best two-year-old fillies of her generation in England when she won three of her four races, namely the July Stakes, Richmond Stakes and Gimcrack Stakes.