



## **Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love**

*Joy Bauer*

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# Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love

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## Slim and Scrumptious: More Than 75 Delicious, Healthy Meals Your Family Will Love Joy Bauer

Joy Bauer, *New York Times* bestselling author, fitness guru, and diet expert for the *Today Show*, offers more than 75 delicious, healthy meals your family will love in *Slim and Scrumptious*. Here are with low-fat, low-calorie, low-cost recipes packed with high nutrition, high energy, and high marks sure to please every member of your hungry clan—for fresh, healthy, mouthwatering meals that will help you beat the high cost of eating out—from the creator of *Joy's Life Diet* aka *Your Inner Skinny*.<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

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