



**Fresh Start: Great Low-Fat Recipes, Day-by-Day
Menus--The Savvy Way to Cook, Eat, and Live
(The great good food series)**

Julee Rosso

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The coauthor of the bestselling *The New Basics Cookbook* offers a lively, thoroughly contemporary cookbook packed with menus, recipes, tips, charts, quotes, and food lore, which succeeds in making healthful low-fat cooking simple, delicious, and easy enough to become a daily, lifelong commitment.

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