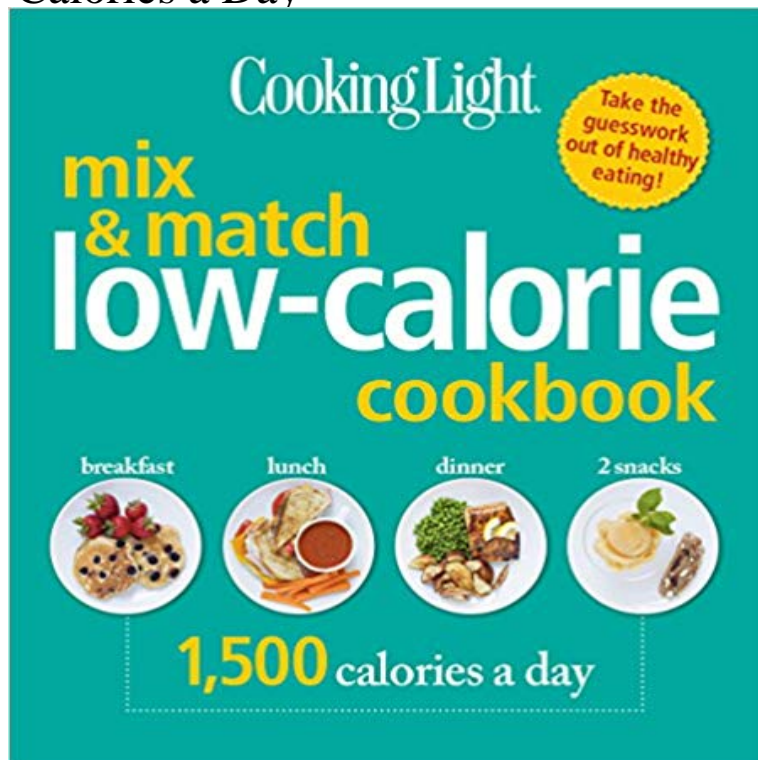


# COOKING LIGHT Mix & Match Low-Calorie Cookbook: 1,500 Calories a Day



Mix & match your way to healthy eating! Choose 3 meals plus 2 snacks to equal 1,500 calories or less. Its easy! With more than 150 delicious recipes, there are endless combinations to create a day of balanced meals and snacks. No matter what you choose, the total will always be 1,500 calories or less-the amount the average woman needs to lose weight. Youll also find nutrition and exercise tips, advice for eating out, and ideas for enjoying a healthy lifestyle.

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