

**NOW EAT THIS!: 150 OF AMERICAS FAVORITE  
COMFORT FOODS, ALL UNDER 350 CALORIES**

**Keith U. Carreras**

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Dec 07, Tracings rated it really liked it Shelves: Some dishes I have put off trying as they seem more apt for a more experienced cook, but I think with time I will be willing to give them a try. Positives: His advice is practical and avoids the "Stop Eating, Start Running" approach to dieting that usually doesn't really work or .

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