

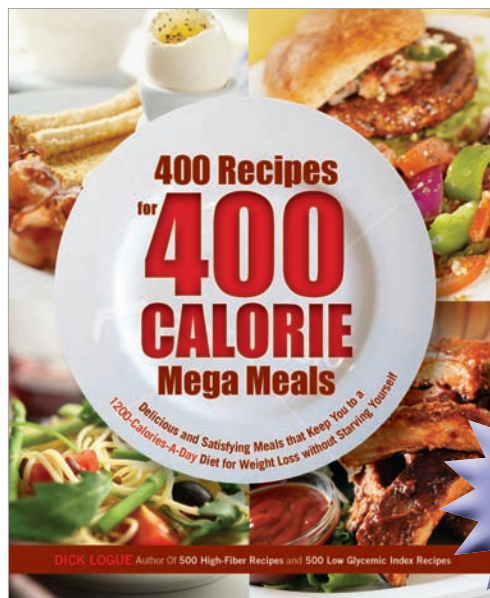
## 400 RECIPES FOR 400 CALORIE MEGA MEALS

Delicious and Satisfying Meals that Keep You to a 1200-Calories-a-Day Diet for Weight Loss without Starving Yourself

Dick Logue

Item # 193907 AQ  
ISBN-13: 978-1-59233-462-9  
\$19.99 US  
£14.99 UK  
\$21.99 CAN

7.5 x 9.125 in  
191 x 232 mm  
416 pages, PB  
All rights available  
Cooking/Health & Healing/Weight Control  
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*Fresh, wholesome meals that allow you to fill your plate and still lose weight!*

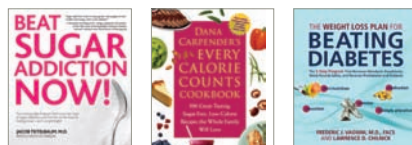
- Straightforward concept that appeals to and is recognized by anyone looking to lose weight. Audience includes those suffering from diabetes, heart disease, and obesity.
- Our book has more than twice the number of recipes as competing titles and gives readers an eating plan focused on fresh, wholesome ingredients and no gimmicks.
- Same format as the *500 Recipes* series which has more than 1 million copies in print.

For people looking to shed pounds and live more healthfully, eating meals in the 400-calorie range is your secret weapon to weight loss success. Not only do these meals fuel your energy, rev metabolism, and keep you feeling full longer, but they also help you stick to a daily caloric range of 1200 to 1500 total calories, which is ideal for tipping the scales in your favor. Whether you're on a weight loss plan already, or looking to begin anew, **400 Recipes for 400 Calorie Mega Meals** is your one-stop shop for healthy, deliciously comforting meals that won't bust your fitness goals, but rather boost you to them! The book works by expertly focusing on nutrient-dense, low-calorie ingredients that you can eat in abundance—such as leafy greens, artichokes, and berries—and combining them with smaller portions of equally filling foods like whole grains, beans, eggs, and poultry. So you can start losing weight—by filling your plate!

Dick Logue is the founder of [www.lowsodiumcooking.com](http://www.lowsodiumcooking.com). After being diagnosed with congestive heart failure, Dick began creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of *500 Low Sodium Recipes*, *500 Low-Cholesterol Recipes*, *500 High Fiber Recipes*, *500 Low Glycemic Index Recipes*, and *500 Heart-Healthy Slow Cooker Recipes*.

[www.lowsodiumcooking.com](http://www.lowsodiumcooking.com)

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