



Weight Loss for One

Enzio D. Soviero, Kenneth D. Ritzer

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An easy cookbook designed for portion controlled dieting. No matter what the diet you choose, there are many easy to follow recipes in portion controlled form. A cookbook that sets its sights on you, the individual, with long term success and health in mind. Over 100 flavorful recipes that specialize in low calorie, low sodium, and low fat. Remember carbs are not your enemy, calorie intake and portion control is. But if it is low carbs, this book accommodates you too. We've even included vegetarian recipes for the people who prefer a meatless lifestyle. The only cookbook we know of, that was designed and specifically written for bariatric surgery patients but can easily be acclimated to most diet plans. Each recipe is formatted for individual single servings with low sodium, low fat, and low calories in mind. Never count calories again because it is already done for you. Heart patient or diabetic? Low sodium and sugar recipes are plentiful. Want to lose weight, maintain a loss or just eat for a very healthy lifestyle with no worries, weight loss for one book is for you!! www.weightlossforone.com

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