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The Fresh Food Fast Cookbook: The Ultimate Collection of ...

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This week I ' m excited to unveil The Fast 800 Recipe Book which is packed with the latest advice, tips to help you succeed and useful meal plans, plus more than 130 enticing low-calorie recipes created by my wife Dr Clare Bailey, with food writer Justine Pattison. In this special feature you ' ll find a selection of our favourite breakfasts, lunches and suppers (even one or two treats).

Fast 800 recipes: New, fast, delicious, calorie-counted ...

Recipes include speedy family dinners you can make in less than 20 minutes, one-pan wonders and new

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Cooking Light The Fresh Food Fast Cookbook: The Ultimate ...

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