



**Under 300 Calories Recipes: 50 Recipes of
Breakfast, Soups and Stew, Salads, Main Course
Meals, Deserts; Also Calorie Count of Important
Foods, Understanding ... Mass Index and its
Calculator, BMI Chart**

Stephen Mills

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Get ready to look at 50 mouth watering recipes under or around 300 calories, carefully chosen and segregated into breakfast, soups n stews, salads, meals and deserts.

Calories calculations, losing weight, watching out for BMI, concerns on what to eat and how much ... are regular questions bothering any average individual. Thus book tries to help in understanding BMI and gives lists of mouthwatering suitable recipes.

For those interested in mathematical formulae, will find here BMI charts, calculation formula and calorie content of important food materials.

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