



Canadian Living: 400-Calorie Dinners

Canadian Living

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- 90+ recipes for a variety of meals, each containing 400 or fewer calories per serving
- 55+ colour photographs
- Helpful cooking, shopping and preparing tips scattered throughout
- Complete index that groups all recipes into helpful categories; search by type of recipe (such as stew or stir-fry), ingredient (such as green beans or lamb) or recipe name
- Full nutrient analysis of each recipe

Watching your diet doesn't mean giving up delicious food. The Canadian Living Test Kitchen knows just how to make the tastiest dinners that are chock-full of flavour and nutrients, without breaking your calorie budget for the day. In this collection of 90+ Tested-Till-Perfect recipes, you'll find family-friendly meals you won't believe are calorie-wise. Inside, you'll discover comfort foods (such as luscious, lightened-up macaroni and cheese), light favourites (veggie-packed stir-fries) and everything in between. There are meals for Meatless Mondays, suppers for laid-back Fridays and even a few dishes for easy entertaining on Saturdays. The Canadian Living Test Kitchen also shares its top ideas for light and easy sides to go with your meals. There are tasty potato, rice and veggie side dish ideas that won't fill you out as they fill you up. You won't believe how satisfying healthy eating can be!

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