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300-Calorie Dinner: 30 Days of Healthy, Hassle-Free Recipes (Simply Svelte: 30 Days to Thin)

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What weight makes you feel great? If you've ever tried to count calories before, you know how tedious and time-consuming it can be. You might feel ready to give up even before you get started. That's where the Simply Svelte 30 Days to Thin comes in. We've broken down dinner into easy 300-calorie chunks. Simply mix and match these 300-calorie units to add up to your daily calorie goal. Recipes like these ensure that every bite you put into your mouth is nutritious and delicious, without sacrificing taste or feeling guilty. Just mix and match 300-calorie meals. Can you believe that you can prepare these "comfort food" classics at just 300 calories? Baked Pork Chops with Apples Beef Stew with Mushrooms Chicken Piccata Country Fried Steak Moroccan Chicken Salmon with Fresh Herbs Spicy Roast Beef Sliders Vegetarian Rotini We've taken all the guesswork out of counting calories so that you can focus on preparing quick and easy, mix-and-match 300-calorie meals. How will you look and feel 30 days from today? We think you'll be amazed how great you look and feel one month from now.

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From reader reviews:

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