

# Low Fat Cooking

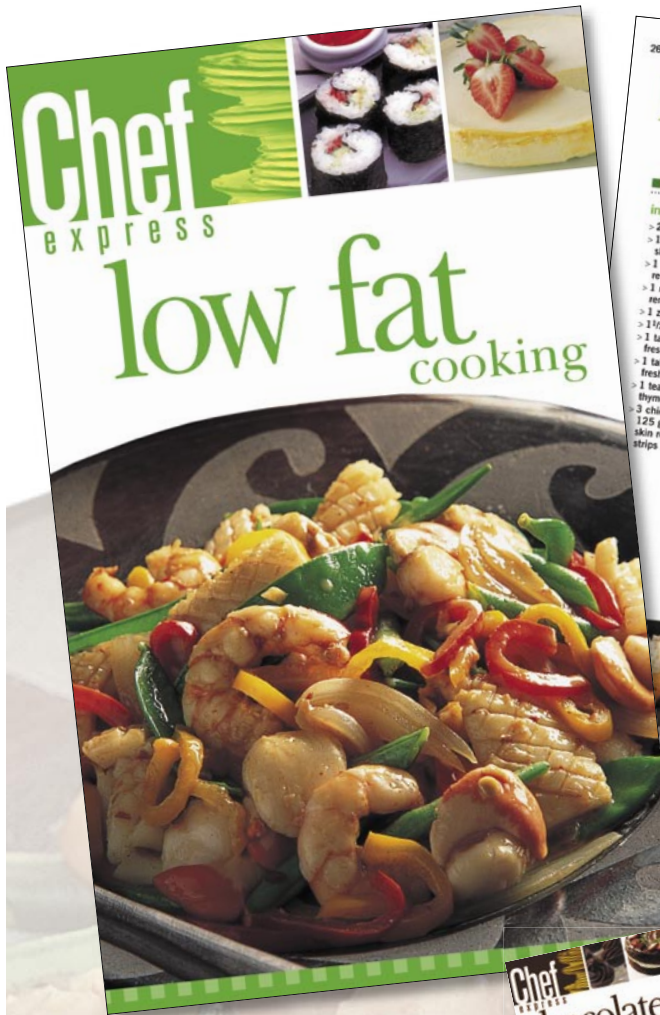
# Chef

express™



## Series I

Make the most of fresh ingredients to create tempting meals which are not only good for you but delicious, too. Learn how to reduce calories, fat and salt in your diet whilst increasing nutritional value and fiber. Learning healthier eating habits has never been easier with these quick, easy-to-prepare and tasty meals suitable for the whole family.



## Collect all 12 in the series!



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