



# **The Skinny Steamer Recipe Book: Delicious Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories**

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**The Skinny Steamer Recipe Book  
Delicious, Healthy, Low Calorie, Low Fat Steam Cooking Recipes Under 300, 400 & 500 Calories**

If you think your steamer is just for cooking vegetables think again!

This brand new collection of delicious poultry, vegetarian, seafood & meat dishes are fast, fresh, fuss free, low fat and low calorie. Designed to help you make the most of your steamer, all our *skinny* steaming recipes fall below 300, 400 and 500 calories - which is perfect if you are following a calorie controlled diet or are keen to maintain and manage your weight!

**Every recipe serves two people and can be prepared in minutes. Versatile, simple & healthy.... there has never been a better time to start steaming.**

Includes over 60 recipes, cooking charts and tips.

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