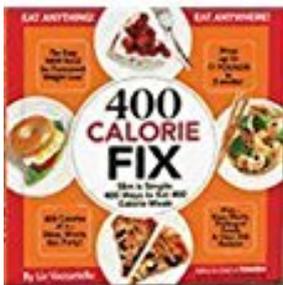


# [PDF] 400 Calorie Fix : Slim Is Simple : 400 Ways To Eat 400 Calorie Meals

Liz Vaccariello, Mindy Hermann - pdf download free book

---



#### Books Details:

Title: 400 Calorie Fix : Slim Is Sim  
Author: Liz Vaccariello, Mindy Herma  
Released: 2010-01-04  
Language:  
Pages: 453  
ISBN: 1605295159  
ISBN13: 978-1605295152  
ASIN: 1605295159

[CLICK HERE FOR DOWNLOAD](#)

---

pdf, mobi, epub, azw, kindle

#### Description:

**About the Author** Liz Vaccariello is the former editor-in-chief of *Prevention*, and coauthor of the *New York Times* bestseller *Flat Belly Diet!* She resides in South Orange, NJ.

Mindy Hermann, RD, is a nutritionist, author, and food expert. She lives in Westchester County, NY. PREVENTION® is the #1 healthy lifestyle brand and the largest health magazine in the United States, with a total readership of nearly 11 million. --This text refers to the edition.

- 
- Title: 400 Calorie Fix : Slim Is Simple : 400 Ways to Eat 400 Calorie Meals
  - Author: Liz Vaccariello, Mindy Hermann
  - Released: 2010-01-04
  - Language:
  - Pages: 453
  - ISBN: 1605295159
  - ISBN13: 978-1605295152
  - ASIN: 1605295159
-