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Autore	Vaccariello Liz
Titolo	Flat Belly Diet! family cookbook : 50 all-new MUFA recipes // by Liz Vaccariello ; editor-in-chief, with Sally Kuzemchak
Pubbl/distr/stampa	New York, New York : , : Rodale, , 2010 ©2010
ISBN	1-60529-084-X
Descrizione fisica	1 online resource (447 pages) : color illustrations, photographs
Collana	Flat Belly Diet
Disciplina	641.5/635
Soggetti	Reducing diets Abdomen
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Eat for a flat belly and a healthy family! -- What you eat vs. what your family eats -- Flat bellies start in the kitchen -- The best breakfasts -- Better bag lunches -- Grill masters' favorites -- Stovetop standards -- Comforting casseroles, stews, and more -- Amazing sides and salads -- Snacks for everyone -- Delicious desserts.