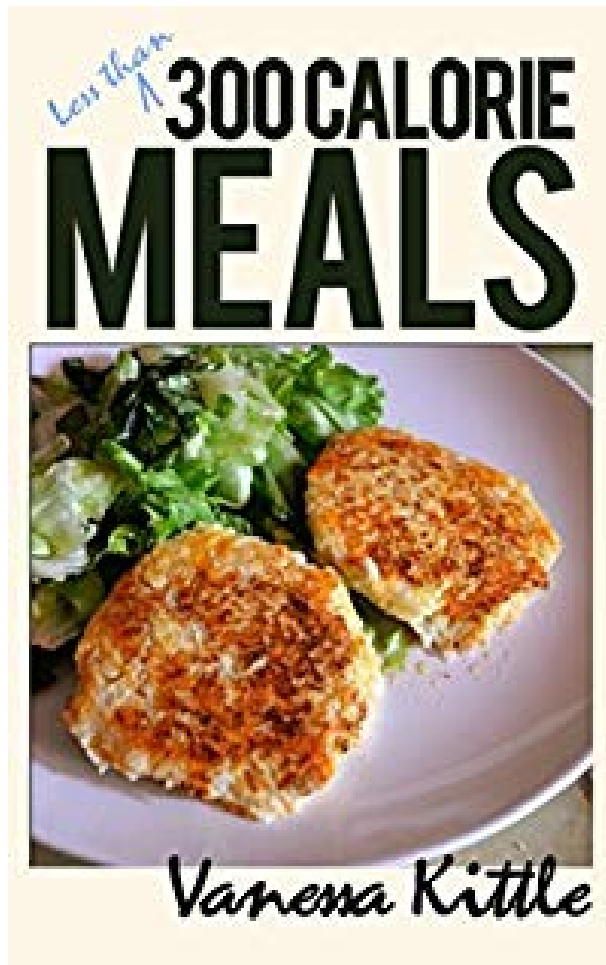


Less Than 300 Calorie Meals



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[Less Than 300 Calorie Meals.epub](#)

When it comes to dieting the most important thing is to be realistic. If you won't actually stick to the diet you won't lose weight. That is why I call this the 'realist' diet. This cookbook is filled with recipes and meals that will fill you up and keep you satisfied, and all of them are under 300 calories! This means you can have 4 meals and stay under 1000 calories for the day. Now that is a diet you can live with.