



The FastDay Cookbook: Delicious Low-Calorie Meals to Enjoy while on The FastDiet

Mimi Spencer

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An essential companion to the #1 *New York Times* bestselling *FastDiet*, gorgeously illustrated and containing 115 all-new recipes from around the world for no-hassle, low-cal meals to make your fast days easy as can be.

Whether or not you're on the FastDiet, brought to popular acclaim by #1 *New York Times* bestselling author Michael Mosley, you can't go wrong with low-calorie foods that are also delicious, convenient, and easy to make. In this new cookbook, all 115 recipes—from the classics to traditional ethnic cuisines—are under 600 calories. You'll lose weight, cut your risk for a range of diseases, and live longer by effortlessly cooking up these satisfying meals.

There are recipes here to suit every palate, and every culture: Tandoori Chicken for a taste of India; Spaghetti Bolognese for a hearty Italian dinner; a Beef and Beer Casserole that's sure to please the Anglophiles; Egg Drop Soup in the Chinese tradition; and Boston Bean and Ham from our very own Uncle Sam. Each calorie-counted recipe is infinitely adaptable, and everyone will find their favorite in no time with sections such as *Lightning Quick Suppers* (for times you want to be sitting down to eat in ten minutes flat); *Fast Favorites* (for calorie-controlled classics); *Simple Sides*; *Supper Soups*; *Fast Meals for Men*; and much more. In addition, Mimi Spencer lists kitchen cupboard essentials and introduces you to the FastDiet and all its benefits—including dramatic weight loss and lowered risk factors for cardiovascular disease, diabetes, cancer, and Alzheimer's.

Featuring seventy-five full-color mouthwatering photos, this is the perfect adjunct to the original *FastDiet Cookbook*, offering a whole new repertoire of *Fast* food to sustain you through the colder months and help you lose weight with ease.

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