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- These delicious recipes from the *Better Homes and Gardens*(r) Test Kitchen make it easy for dieters to try something new and stay on track with their eating plan.
- With more than 400 recipes, plus tempting color photos, readers are sure to find some healthful new favorites-meals every member of the family will enjoy.
- Up-to-date advice and tips for readers on how to lose weight, eat well, and feel great.

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