



# Cook Yourself Thin: The Delicious Way To Drop A Size

*Sophie Michell, Gizzi Erskine, Harry Eastwood, Hen*

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With Cook Yourself Thin you really can have your cake and eat it. It's time to throw out those ready meals, step away from the microwave and discover how to cut calories without compromising on taste. The Cook Yourself Thin team don't do denial or sums or regimes, but whether you want to lose a few inches, a few pounds, or stay in shape, they've got tips and tricks and 80 delicious recipes up their sleeves to make it easy. Simply discover the foods that are your downfall, swap for fantastic skinny alternatives and watch the pounds drop off. Never has dieting been so easy or tasted so good!

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