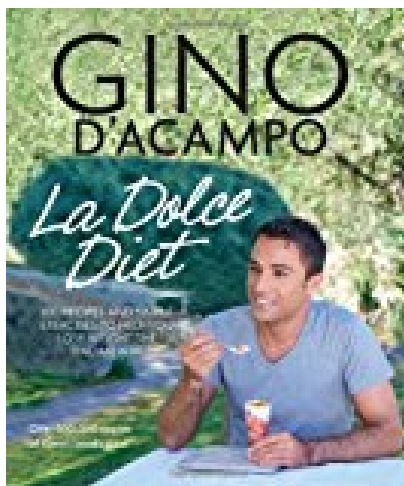


La Dolce Diet 100 Recipes and Exercises to Help You Lose Weight the Italian Way



BOOK DETAILS

- Author : Gino D'Acampo
- Pages : 192 Pages
- Publisher : Kyle Books
- Language : English
- ISBN : 0857830988

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BOOK SYNOPSIS

Think losing weight is all about avoiding your favourite foods and punishing exercise routines? Wrong! This title combines recipes so delicious and exercises so simple that it won't feel like you are denying yourself. It includes romantic suppers, meals to impress your guests, healthy snacks and not-so-naughty treats.

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