



## **The Perfect Portion Cookbook**

Bob Warden, Anson Williams, Mona Dolgov

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The Perfect Portion cookbook is filled with **150 delicious comfort food recipes**, all crafted with the right ingredients, so you don't have to give up the foods you love! Everything from French Toast to Lasagna and Apple Turnovers, all with easy, **perfect portion control**, using our SIMPLE, revolutionary **100 Calorie Counting System.** Now, without worry or guilt, we can all eat perfect portions of the foods we love.



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