



# **Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)**

*Elaine Gavalas*

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# Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)

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**Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking)** Elaine Gavalas

Discover the world's healthiest and most delicious diet with *Secret's of Fat-Free Greek Cooking*. Naturally delicious, traditional Greek cooking uses simple, wholesome ingredients and is the perfect antidote to the typical high-calorie, processed foods diet. Now you can learn how to make mouth-watering traditional Greek delights, using the latest cooking products and techniques, for your eating pleasure. Includes complete nutritional analysis for each recipe and a glossary of commonly used ingredients.

Using *Secret's of Fat-Free Greek Cooking* as a companion book to *The Yoga Minibook for Weight Loss* can help you achieve and maintain your desired weight goals, make your best food choices, and enjoy a lifetime of delicious, healthful eating and good health. *Secrets of Fat-Free Greek Cooking* was featured on PBS nationally with the television program, "The Greek Americans".

Whether you are cooking for a holiday get-together, your family or yourself, you'll find *Secrets of Fat-Free Greek Cooking* a treasure trove of timeless Greek classics and contemporary favorites. The gods would approve.

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