

MICROWAVE DIET

Cookery

MARCIA CONE
THELMA SNYDER

THE AUTHORS OF
MASTERING MICROWAVE COOKERY

LOW CALORIE MENUS FOR
— ALL SEASONS —

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MICHAEL GEIGER

menu

400 CALORIES PER SERVING
CURRIED
APPLE-TOMATO SOUP
CHINA ROAD SHRIMP
LEMON RICE
CREAMY CABBAGE
AND CUCUMBER
SALAD
TANGERINES WITH
SPICED ORANGE CREAM

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