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The Skinny Chicken Dishes Recipe Book: Low Calorie Chicken Recipes under 300, 400 And 500 Calories

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#1 Best Selling Amazon Author
The Skinny Chicken Dishes Recipe Book: Delicious Low Calories Chicken Dishes Under 300, 400 And 500 Calories
Chicken is a universally loved meat. For centuries it has been a staple part of our diet as both an affordable meat and also one that demands respect at the dinner table. It is a firm favourite of all the family in a multitude of different forms; be it as compliment to a crisp healthy salad, the basis for the ultimate Sunday dinner or as part of a sensational curry. The possibilities for cooking with this amazing bird are endless.
As well as the marvellous taste of chicken which we all love, it is also one of the healthiest meats you can buy. Chicken is the ultimate skinny meat.
The recipes in this book are all delicious low calorie chicken dishes for 4, which make it easier for you to monitor your overall daily calorie intake as well as those you cook for.....and all are under 300, 400 and 500 calories.

Recipes include:
Spiced Chicken Skewers & Chapatti Bread
Chilli, Cumin Chicken
Rosemary Chicken & Red Cabbage Coleslaw
Mirin Chicken Stir Fry
Nepali Spiced Chicken
Honey & Soy Wings
Parmesan Crusted Chicken Sandwich
Coconut Cream Chicken Drummers
Flash Fried Chicken & Chilli Peppers
Chicken & Pineapple Hoisin Stir Fry
Chicken, Asparagus & Fresh Pea Noodle Soup
Chicken, Broccoli & Pasta Soup
Chicken Hot & Sour Tofu Soup
Chicken & Lentil Soup
Mild Chicken Curry & Rice
Lemongrass Laksa
Thyme & Honey Meatballs With Noodles
Simple Sweet & Sour
Coconut Milk Chicken With Rice & Sweet Potato
Crunchy Peanut Butter Chicken & Rice
Pesto Linguine
Cardamom Chicken & Couscous
Chicken & Spinach Saag
Hazelnut Chicken Salad
Spring Onion & Chicken Rocket Salad
Chicken, Avocado & Almond Salad

Tunisian Chicken & Roasted Tomatoes
Mexican Tabasco Chicken Stew
Sweet Beer Chicken Stew
Pesto Chicken & Garlic Spinach
Mustard Minted Chicken & New Potatoes

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From reader reviews:

Ruth Cook:

A lot of people always spent their particular free time to vacation or even go to the outside with them family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day every day to reading a book. The book The Skinny Chicken Dishes Recipe Book: Low Calorie Chicken Recipes under 300, 400 And 500 Calories it is rather good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. Should you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book from the smart phone. The price is not to fund but this book possesses high quality.

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Kimberly Wheatley:

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