



# **1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle**

*Dick Logue*

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A compilation of Dick Logue's two popular books, *500 High-Fiber Recipes* and *500 Low-Cholesterol Recipes*, *1,001 Heart Healthy Recipes* brings you all the nutritious recipes you could ever need for maintaining a healthy lifestyle, from light and fresh main dishes to guilt-free snacks and desserts. Whether you're following a low-cholesterol diet based on the doctor's order, or simply just looking to eat healthier and drop a few pounds, *1,001 Heart Healthy Recipes* gives you limitless options for delicious, easy-to-prepare meals, including recipes for foods you thought you had to give up forever, such as Deep Dish Pizza, Enchiladas, and Devil's Food Cake. With fast-and-fresh choices at your fingertips, staying the heart-healthy course is easier than ever!

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