



# The Jenny Craig Cookbook: Cutting Through the Fat

*Jenny Craig*

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# The Jenny Craig Cookbook: Cutting Through the Fat

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## **The Jenny Craig Cookbook: Cutting Through the Fat** Jenny Craig

Drawing on a lifetime commitment to good health and good nutrition, Jenny Craig shares her philosophies for living lighter, happier, longer. Jenny tells readers how deprivation diets can sabotage all their best intentions for smarter eating and cuts through the information clutter to offer just the facts about making smarter, more informed decisions about food, proper nutrition, and weight loss. Over 80 color photos.

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