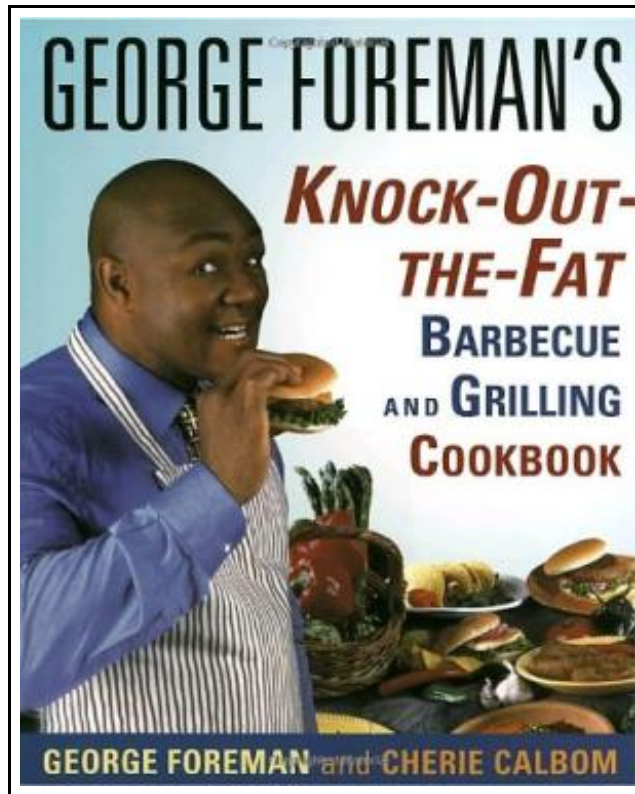


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Random House USA Inc, United States, 1996. Paperback. Book Condition: New. 171 x 108 mm. Language: English . Brand New Book. George Foreman knows a good meal when he sees one. And today, the world s most successful senior citizen athlete also knows that a good meal has got to be a healthy one. Smart nutrition has played a big part in George s amazing championship comeback, and it should also contribute to any other American s battle of the bulge. In his Knock-Out-the-Fat Barbecue and Grilling Cookbook, George, along with famed nutritionist Cherie Calbom, explains how to prepare hearty, mouth-watering meals that won t stress your waistline. When grilled over high heat, meats, poultry, fish, and vegetables not only retain more vitamins, they can have their fat content lowered, too. With easy-to-learn, simple techniques, George and Cherie show you how to raise the temperature and drop the unwanted fat.

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