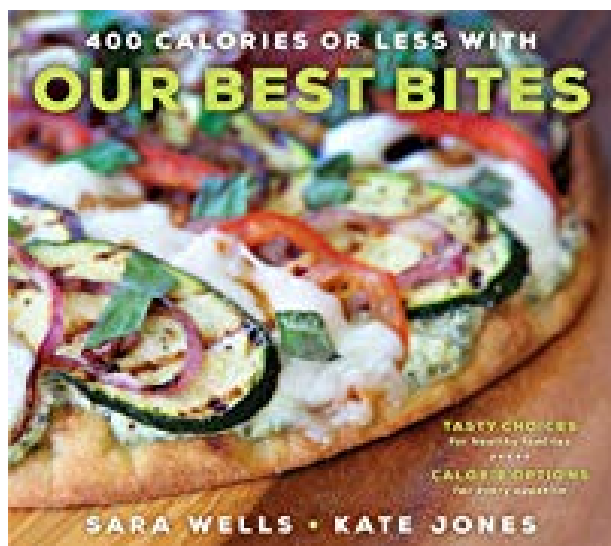


# 400 Calories or Less with Our Best Bites: Tasty Choices for Healthy Families with Calorie Options for Every

## Appetite



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From the bestselling authors of *Our Best Bites* and *Savoring the Seasons with Our Best Bites* comes a unique cookbook for healthy eating.

Inspired by the authors' personal weight loss journeys, these healthy recipes, all under 400 calories, provide a wealth of ingredient option substitutions for comfort food main dishes, flavorful side dishes and yummy desserts. Each recipe includes mouthwatering photography, easy-to-follow instructions for swapping out healthy, low-calorie ingredient substitutions, and complete nutritional information including fat content, carbs and sugar and salt intake. Features vegetarian and gluten-free choices and tips for stocking a healthy pantry from ordinary grocery store options plus advice for making the best choices at the salad bar.