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Skinny Halogen Oven Cooking For One: Single Serving, Healthy, Low Calorie Halogen Oven Recipes Under 200, 300 and 400 Calories

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Cooking with a halogen oven is the perfect way to prepare quick, healthy low calorie meals. If you are cooking for one and looking for delicious, homemade recipes that are simple to prepare and light on calories then the 'Skinny Halogen Oven Cooking For One' is the perfect choice.
'Skinny Halogen Oven Cooking For One' sets out over 75 tasty single serving recipes for your halogen oven and all fall below either 200, 300 or 400 calories each. Meals can be cooked in a fraction of the time of a conventional oven saving you time and energy. Plus by calculating the number of calories for each dish we've made it easy for you to count your daily calorie intake too.
So what are you waiting for? Get started now cooking tasty, skinny, low calorie halogen oven meals and discover a new way of eating and cooking.

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