

# Healthy Cooking For Two (or Just You): Low-Fat Recipes With Half The Fuss And Double The Taste By Frances Price

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**Frances price (author of healthy cooking for two**

Frances Price is the author of Healthy for Two (or Just You): Low-Fat Recipes with Half the Fuss and Half the Fuss and Double the Taste 3.83 of 5

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Instead of settling for leftovers and frozen dinners, try experimenting with these tips on healthy cooking for one or two: Make a plan. Take time to jot down the week