



Good Housekeeping 400 Calorie Meals: Easy Mix-and-Match Recipes for a Skinnier You!

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Going low calorie has never been simpler! Every one of these main dishes from *Good Housekeeping* has 400 calories or less, tastes absolutely delicious, and couldn't be easier to prepare. More than 140 irresistible entrées range from Warm Mushroom and Chicken Salad with Bacon to Shrimp Fettuccine, Chiles Rellenos Casserole, and Vegetarian Souvlaki. Round out the meals with 88 tempting add-ons, from yummy appetizers (including bruschetta) to healthy veggie sides and even desserts, like a cookie or Banana Berry Parfait—every main dish is paired with suggestions!

You won't believe these incredible dishes are just 400 CALORIES!

- o Caramelized Onion and Goat Cheese Panini
- o Italian Tuna and White Bean Salad
- o Veal Parmigiana
- o Chicken Tortilla Soup
- o Barbecue Chicken Cutlets with Citrus Slaw
- o Maple-Roasted Chicken Thighs with Sweet Potatoes
- o Warm Mushroom and Chicken Salad with Bacon
- o Lo Mein with Tofu, Snow Peas, and Carrots
- o Eggplant and Spinach Stacks
- o Butternut Squash and Sage Lasagna

Features the recipes from three popular books—Good Housekeeping 400 Calorie Chicken, Good Housekeeping 400 Calorie Italian, and Good Housekeeping 400 Calorie Vegetarian—all in one volume!

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