



# Low Cholesterol Cookbook & Health Plan: Meal Plans and Low-Fat Recipes to Improve Heart Health

*Shasta Press*

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**#1 AMAZON BESTSELLER**

The *Low Cholesterol Cookbook & Health Plan* will make it easy for you to achieve low cholesterol by helping you make smart changes to your diet. The innovative low cholesterol "1 + 1 - 1 Eating Plan" will show you how to choose the best low cholesterol foods, how to add foods that increase good cholesterol, and how to subtract the ones that increase bad cholesterol. With more than 100 quick and simple-to-follow, low cholesterol recipes, and a no-nonsense guide to understanding what your cholesterol numbers mean, this unique cookbook and health guide will give you a practical eating program to help you see amazing results.

Whether your goal is to drastically lower your cholesterol or simply feel better, *The Low Cholesterol Cookbook & Health Plan* makes it easy to enact positive changes with:

- More than 100 flavorful, low cholesterol recipes, including Classic Meatloaf, Flourless Chocolate Cake, Salmon Burgers, and Guilt-Free French Fries
- Detailed nutritional information for each low cholesterol recipe
- Information on accessible and delicious foods that help increase good cholesterol, plus what foods to avoid
- Low cholesterol substitutions and alternatives for cooking and baking
- A 14-day meal plan to launch your low cholesterol diet

With practical advice and everyday guidance to lower your cholesterol levels, *The Low Cholesterol Cookbook & Health Plan* is your plan for better health.

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