

CookingLight

80 easy and portable  
*CookingLight* recipes—  
satisfying and delicious!

LUNCH TO GO

# LUNCH TO GO

recipes • hints • tips



80 simple, satisfying, time-saving *CookingLight* recipes

EAT SMART GUIDE

80 simple, satisfying,  
time-saving dishes



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Be sure to check with your health-care provider before making any changes in your diet.

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