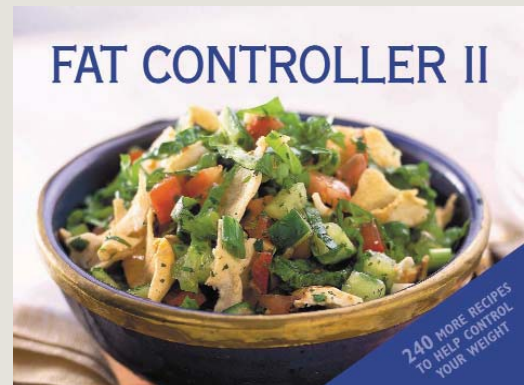


Fat Controller II

ISBN..... 1 74045 497 9
APN 9781740454971
BINDING..... Wiro with stand
EXTENT 272 pages
DIMENSIONS 147 x 200 mm (portrait) 5¾ x 8 inches
WORD COUNT..... 50,000
PHOTOGRAPHS..... 255
RECIPES..... 250
RRP AUS \$29.95 (£12.99)
PUBLISHING..... June 2005
SERIES..... Fat Controller



MURDOCH BOOKS

OTHER TITLES IN SERIES

Fat Controller

DESCRIPTION

Fat Controller II makes losing weight a whole lot simpler. Each recipe carries a clear nutritional break-down and there are tips and tricks to help you control your weight. Each recipe has been tested and analysed in the *Fat Controller's* own kitchens to ensure that they work every time. Clear photographs of the finished dishes and the flip format make the recipes so easy to follow. In this second volume of the *Fat Controller* there are even more tasty low-fat, high energy recipes to help a weight reduction regime work.

KEY SELLING POINTS

- Hundreds of tasty recipes are presented in an easy-to-use flip format
- Nutritional content is clearly displayed
- Helpful additional weight control hints are given throughout



Murdoch Books ■ Pier 8/9 23 Hickson Road ■ Sydney NSW 2000 Australia
TELEPHONE (61-2) 8220 2000 ■ FACSIMILE (61-2) 8220 2558

Murdoch Books UK Ltd ■ Erico House, 6th Floor North ■ 93/99 Upper Richmond Road ■ Putney, London, SW15 2TG
TELEPHONE +44 (0) 20 8785 5995 ■ FACSIMILE +44 (0) 20 8785 5985