

Great Resources for Recipes and Meal Ideas



Susan Buckley RD
Nutrition Manager

1. Cooking Light 5-Ingredient 15-Minute Cookbook
2. Cooking Light Magazine
3. Eating Well Magazine
4. Weight Watchers Magazine and Cookbooks
5. Cooking With Heart by Richard Collins, MD and Susan Buckley RD
6. www.reciperesource.com
7. www.aicr.org American Institute for Cancer Research (lots of veggie recipes).
8. Volumetrics Eating Plan book by Barbara Rolls, PhD. Rated #1 diet book by Consumer Reports (based on nutritional analysis and critiques of a panel of diet experts).
9. Diabetic Cooking – available at check-out counters at grocery stores
10. Quick & Healthy Low-fat, Carb Conscious Cooking
www.QuickandHealthy.net
11. Eating Thin for Life: Food Secrets and Recipes from People Who Have Lost Weight and Kept It Off by Anne Fletcher
12. The Amazing Flax Cookbook by Jane Reinhardt-Martin, RD
13. Fix-It and Forget-It Lightly – low-fat, low calorie crock pot meals
14. Eat, Drink and Weigh Less by Mollie Katzen and Walter Willett
15. American Heart Association Low-Salt Cookbook
16. American Heart Association Low-Fat, Low Cholesterol Cookbook
17. American Heart Association Quick and Easy Cookbook
18. American Heart Association Meals in Minutes Cookbook
19. American Heart Association Low-Fat & Luscious Desserts
20. American Heart Association Kids' Cookbook
21. Heart Healthy Recipes at www.deliciousdecisions.org

22. www.myrecipes.com (from Health, Cooking Light, Coastal Living, Cottage Living and Sunset Magazine). 300 calorie entres and desserts and 100 calorie snack recipes.