My Personal Review:
I have owned this book for several months now but not until recently have I taken it out and actually used some of the recipes. Well actually, I have taken up Weight Watchers again and I was looking for some recipes that wouldn't remind me that I was dieting. I just finished a Garden-Fresh Tuna Salad Sandwich (4 points) that was just packed with flavor with just a scant 3 grams of fat. The photograph of the sandwich is what caught my eye and that is one of the big selling points of this and other Pillsbury cookbooks. The book begins with a comprehensive discussion called, A Guide to Healthier Eating. Here you will find information about the soon to be amended Food Pyramid and just what is meant by a serving. The authors then give the reader the Seven Steps to a Healthy Diet which include suggestions for improving your food intake. Additionally, there is a glossary of health and food-related terms, some suggestions for using the nutritional information included in the book and some suggested menus combining some of the recipes. Like many cookbooks, Fast and Healthy covers the culinary experience from Appetizers to Desserts. Aside from the many beautiful photos, the book is replete with many sidebars. These give the user tips that will enhance not only the recipe, but the expertise of the cook as well. Nutritional information for each recipe is provided and dietary exchanges for diabetics are also included. Weight Watchers clients like myself can easily calculate the Winning Points from the information provided and most of the recipes will fall into weight loss plans. For the chocolate lover, who can resist Cocoa Mocha Brownies or Double Chocolate Chip Cookies....two and one point respectively?? As you can tell, I like this book. I am a big fan of Pillsbury's cookbooks and this one is going to be a good friend over the next three months...and well beyond!

For More 5 Star Customer Reviews and Lowest Price:
Pillsbury: Fast and Healthy Cookbook: 350 Easy Recipes for Every Day - 5 Star Customer Reviews and Lowest Price!