Sandra Blackie's



"It's a Lifestyle, Not a Life Sentence!"

Lean For Life Cookbook

With the help of many people, time and resources, I have compiled this group of recipes for your enjoyment.

I encourage you to pick a recipie, try it out, and share it with those you care about. Who knows, they might be surprised at how "healthy" can also taste GREAT!

Table of Contents

Breakfast & Cereals	3
Appetizers & Snacks	15
Soups, Salads & Sides	21
Main Dishes	39
Vegetables	79
Desserts & Drinks	89
Index	101