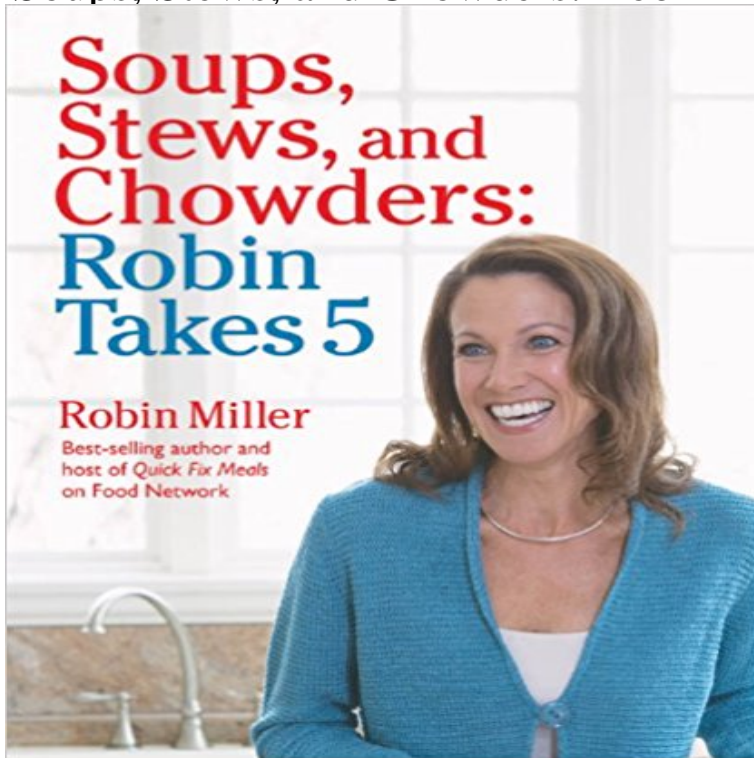


Soups, Stews, and Chowders: Robin Takes 5



Its 5:00 PM.Everyones hungry.Its take-out or fake-out, meaning nuking a processed meal from the freezer. Heres a third option that doesnt include heaps of calories and fat with Robin Takes 5: over 60 recipes for soups, stews, and chowdersplus a special video introduction by the author.Imagine quickly preparing delicious meals for yourself, your friends and your family with just 5 fabulous ingredients. Even better?Every dish is mouth-wateringly 500 calories or less and most of them contain 500 mg or less of sodium. there are 70 recipes for Look no further for your nightly noshing because when Robin Takes 5, we all reap the rewards.

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