



High Fat High Calorie Delicious Lunches (F**k The Diet Book 4)

Catherine Hunt

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About the *Fk the Diet Series***

Sometimes you just need to say "f**k the diet" and enjoy a little guilty pleasure or two.

This series does not actually advocate a high-fat, high-calorie diet, at least not all the time. But, we all know that there are certain indulgences that you just can't make low-cal or diet-friendly without ruining them.

The *F**k the Diet Series* is about high quality, great tasting recipes that you'll want to enjoy occasionally.

Catherine Hunt has often been frustrated by recipes that don't give clear instructions. So she has made an effort to give simple, straightforward and complete instructions for each recipe in this series, preferring to err on the side of too much information rather than too little.

About *High Fat High Calorie Delicious Lunches*

In the fourth volume of the F**k the Diet Cookbook Series, Catherine Hunt shares many of her favorite lunch dishes.

As the title suggests, many of these recipes are high fat and high calorie. But, she is not suggesting that your whole diet be high fat and high calorie. These recipes are meant to be used every now and then. So, no need to feel guilty if you only treat yourself occasionally.

In this volume you'll get great recipes for:

- Baked Beef and Bean Burritos
- Beer Batter Corn Dogs
- Blue Cheese Hamburgers
- Cheeseburger Cheesecake
- Chicken Salad Pita Pockets
- Classic Reuben Sandwich
- Crab Salad
- Creamy Shrimp and Pasta
- Egg and Canadian Bacon Sandwiches
- Fruit and Nut Chicken Salad
- Ham and Mushroom Quiche
- Ham and Swiss Grilled Cheese Sandwich
- Hot and Sweet Chicken Wings
- Monte Cristo Sandwiches
- My Favorite Hamburgers and Chunky Oven Fries
- Quesadillas with Marinated Asparagus and Feta Cheese
- Salmon Burgers with Homemade Tartar Sauce
- Scandinavian Potato Salad
- Spinach and Feta Frittata
- Taco Salad in an Edible Bowl
- Tangy Baked Macaroni and Cheese
- Turkey and Cranberry Sandwiches

Get this book now and explore these amazing lunch options.

Enjoy!

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Josephine Lowe:

High Fat High Calorie Delicious Lunches (F**k The Diet Book 4) can be one of your nice books that are good idea. We all recommend that straight away because this publication has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to put every word into enjoyment arrangement in writing High Fat High Calorie Delicious Lunches (F**k The Diet Book 4) nevertheless doesn't forget the main stage, giving the reader the hottest along with based confirm resource facts that maybe you can be certainly one of it. This great information can easily drawn you into brand-new stage of crucial considering.

Crystal Freeman:

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