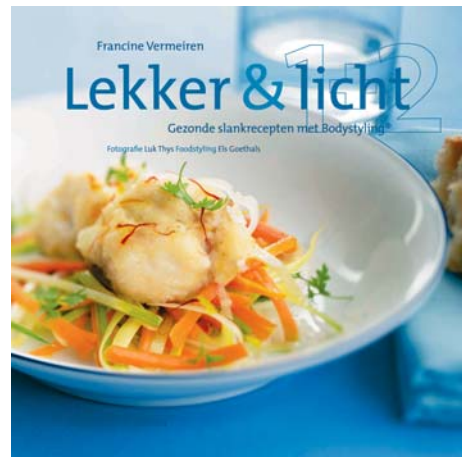


## Tasty & Light

Francine Vermeiren – Photography Luk Thys

- A truly successful diet book based on the international Bodystyling concept
- Easy, light and delightful recipes for all seasons and occasions
- With practical calorie and diet information



This bestselling diet book has 'enlightened' ten thousands of readers. The recipes were written by Francine Vermeiren, founder of the successful international Bodystyling diet concept, and have been tested and refined by dietists. Some of the recipes are for daily occasions, others for feasts and parties, but all of them are easy-to-cook yet very seducing and tasty.

The 'light' photography of Luk Thys is a treat for the eye... and the belly.

250 x 250 mm | 336 pages  
200 colour illustrations | 35,000 words  
hardcover  
available languages: Dutch and French