



Small Foods: Simple Recipes for Ramekin Cooking

Bill Fishbourne

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An introduction to the Small Foods process. 17 recipes to start you out on Small Foods. Tired of living on lettuce? Or nothing but meat and eggs? No carbs, no sweets, nothing tasty. This book maintains that it is the size of what you eat, not what you eat. Cut your entree down to size and you can eat almost anything and enjoy what you eat as well. Eliminating all carbs is very difficult and only leads to a crash and binge lifestyle. Better to control the size of what you eat, your stomach will shrink and eventually a small entree and salad or vegetable will be all you need. Enjoy!

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