

Four Course 400 Calorie Meal Cookbook

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Summary:

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400-HOUR TRAINING LIST - sft9.com four (4) hour "Wildland Firefighting Awareness Level" course. These four (4) hours shall be recorded in Category M. These four (4) hours are in addition to the currently required twenty (20) hours for a total of twenty-four (24) hours in Category M. The Four-Course, 400-Calorie Meal Cookbook by Nancy S ... Book Summary: The title of this book is The Four-Course, 400-Calorie Meal Cookbook and it was written by Nancy S. Hughes. This particular edition is in a Paperback format. This books publish date is Unknown and it has a suggested retail price of \$10.95. It was published by Contemporary Books and has a total of 182 pages in the book. The Four-Course, 400-Calorie Meal Cookbook: Nancy S ... The Four-Course, 400-Calorie Meal Cookbook [Nancy S. Hughes] on Amazon.com. *FREE* shipping on qualifying offers. A collection of low-calorie, low-fat recipes includes such treats as marinated mushrooms with bleu cheese.

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