

Sheet1

TITMARKED,L	TITLE,C,60	KEYWORD,C,60
1	Tortellini salad	Salad Macaroni Summer Holiday Prepare ahead
2	Chicken Lasagne	Chicken Prepare ahead meat
3	Pots de Creme au Chocolat (Mousse)	chocolate dessert mousse
4	Fettucini Alfredo	side dish macaroni
5	Chicken Tortilla Casserole	Fast Chicken Dinner
6	Vegetarian Baked Beans	Vegetarian prepare ahead entree
7	Tobouli	Vegetarian prepare ahead
8	Light Pumpkin Cheesecake	Cake Cheesecake Light
9	Fish Fillets with Bell Pepper salsa	Fish Spicy Light Fast

Sheet1

INSTRUCT,M ORIGIN,C,60	SERCALCPR(FAT,N,CARB,FIBER CHOL,IRON,ISODIUM									
Elizabeth Gorowski-Imburgio	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Microwave cookbook	8	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Joy of Cooking	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Angelina Imburgio	8	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Microwave Cookbook	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Grace I Barry	4	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Grace I Barry	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00	-1.00
Cooking light Magazine, Nov/Dec 92	12	232	9	7.50	33.70	0.70	59.00	1.50	264.00	
Cooking Light magazine	8	130	23	1.50	5.90	1.40	42.00	1.80	221.00	

Sheet1

CALCIUIMINUNOTES,M	SAT,N,6,2	POLY,N,6,2	MONO,N,6,2	TEMP,N,4,0
-1.00	60			
-1.00	120			
-1.00	45			
-1.00	15			
-1.00	45			
-1.00	60			
-1.00	150			
117.00	-1			
41.00	-1			