



# **TLC Diet Recipe Book: 30+ Dishes that are Quick, Easy and Cheap to make**

*John Mitchell*

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The National Heart, Lung, and Blood Institute created the Therapeutic Lifestyle Changes (TLC) diet especially for people with high levels of LDL (the bad cholesterol). The diet caps the percentage of calories you take in from fat, and also places limits on sodium, dietary cholesterol, and total calories.

My name is John Mitchell. This is a series of recipes that I have put together for those on the TLC Diet. It works if you are on a budget time-wise or money-wise. These delicious meals are quick, easy, and cheap to make.

Be forewarned that I am not a doctor, dietitian, nutritionist or any other type of health professional. Please do your own research and before you decide on a diet please consult your appropriate medical professional.

That said, I thank you for reading this book and invite your feedback to [mail@johnmitchell.info](mailto:mail@johnmitchell.info) and kindly thank you for your reviews here on Amazon!

In this book you will find:

- \* a DOZEN Appetizers
- \* a DOZEN Finger Foods
- \* 24 Entrees, Including 9 Meatless
- \* 5 Salads
- \* 7 Soups
- \* 9 Desserts

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