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By Justine Pattison

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Justine Pattison is the author of Freeze (3.33 avg rating, 3 ratings, 2 reviews, published 2013), Comfort Food Without the Calories

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<http://www.houseandgarden.co.uk/collections/healthy-comfort-food>

Week 3: Comfort Food (Without the Calories) See your favorite recipes prepared the Warner way - lean and clean! September 20, 2010 4:04 AM ET

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<http://www.rodoved.org/q/cheats-on-wolf-labyrinth>

if you are going to cook comfort food that will allow you portions without having to worry about the calories that their comfort zone without

<http://pastel-llc.com/comfort-food-you-can-make-at-home/>

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It's hard not to crave comfort foods like chicken-fried steak with cream gravy or lasagna, but the feeling you're left with after and the heavy calorie load aren't

<http://www.thedailymeal.com/comfort-foods-without-calories>

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Find nutrition facts for Comfort Food Without The Calories Chilli Con Carne and over 2,000,000 other foods in MyFitnessPal.com's food database. Calorie Counter.

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Sometimes only a big plate of sausage and mash will do. To enjoy the dish without the calories, grill the sausages and serve with roasted pumpkin (drizzle with just a

<http://www.msn.com/en-gb/news/other/comfort-food-without-the-calories/ss-AAmGzl>

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