



George Foreman's Knock-Out-the-Fat Barbecue and Grilling Cookbook

George Foreman, Cherie Calbom M.S. C.N.N

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For all his one-liners about big-time eating, George Foreman is a symbol of great food coupled with great nutrition. That his 45-year-old body has been able to endure boxing matches with fighters half his age is a tribute to hard work and careful nutrition--especially low-fat cooking. In his new, user-friendly cookbook, George explains how to prepare hearty, wonderful meals that won't stress the waistline. Illustrations.



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