

why the occasional meal out will not kill you. You will learn how to avoid gaining all that extra weight and finally some of the top recipes currently available for quick, healthy cooking and how you can use these, regardless of whether you are stuck in a dorm room or your parents basement. The key to healthy living for college students is in a good diet, and this book will provide everything you need to maintain that. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

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