



Skinny Bone Jones' Culinary Delights: Your one stop shop for meals 100 calories or less

M.D. Johnson

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Skinny Bone Jones here, presenting low calorie and low fat culinary delights that even your picky eating kids won't fight (or so I hope). In a society that forces our hands into medical costs and insurance against our will, the surest sanctity for our health concerns is good health, in order to lower the costs and ensure a long, full existence, even if it is grim with bills and long working hours, and monsters of men. At least you won't have a bone to pick with the food, when it comes to my Skinny Bone Jones' Culinary Delights Cook Book. Health is where it's at, after all. Thus I present to you, without further ado, an archive of recipes of good health, ingredient and proportion wise, for meals 100 calories or less.

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