

# Fit Or Fat Target Recipes By Covert Bailey

**By Covert Bailey**

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The Fit-Or-Fat Target Diet by Bailey, Covert. Edition: 1st. ISBN13: 9780395510827. ISBN10: 0395510821. whose Fit or Fat series of books has sold nearly 6 million

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The Fit or Fat Target Diet. by Covert Bailey. Bailey employs a unique target system that helps easily balance one's diet to obtain the full range of nutrition

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The Fit or Fat Target Diet, and Fit or Fat Target Recipes with a chapter on modifying your favorite recipes to lower fat. It rounds out Covert Bailey's

<http://www.bookfinder.com/author/covert-bailey/>

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Covert Bailey (b. 1931) In 1990 Bailey appeared in a PBS series "Fit or Fat for the 90s," produced by KVIE of Sacramento, California. Biography

[http://en.wikipedia.org/wiki/Covert\\_Bailey](http://en.wikipedia.org/wiki/Covert_Bailey)

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May 23, 2008 This is a very good, nutritious, hearty stew or soup. Original source: Fit or Fat Target Recipes by Covert Bailey and Lea Bishop. 2 Tbsp. butter or

<https://familyrecipebox.wordpress.com/2008/05/24/lentil-stew/>

Sep 27, 2007 Lentil-Rice Tostados . From Target Recipes, The Fit-or-Fat System. By Covert Bailey and Lea Bishop . Serves 8 . 1 pound lentils; 5 cups water; 1 cup tomato

<https://glutenfreekathy.wordpress.com/recipes/lentil-rice-tostados/>

The Fit-or-Fat Target Recipes by Lea Bishop, Covert Bailey. 3.3 of 5 stars. (Paperback 9780395510841)

<http://www.paperbackswap.com/Fit-Fat-Target-Recipes/book/0395510848/>

Now Covert Bailey has tota. The Fit Or Fat Target Diet Covert Bailey. Excerpt from an Interview with Covert Bailey, August 19, 1999: 1: 1: Covert's Experiment

<http://www.barnesandnoble.com/w/ultimate-fit-or-fat-covert-bailey/1101470371?ean=9780618002047>

Target Recipes by Covert Bailey starting at \$0.99. Target Recipes has 2 available editions to buy at Alibris. The Fit or Fat Woman. by Covert Bailey. Starting at

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A 5 Star. I will be using these recipes. They are easy to follow and will help me with watching what I eat. It's worth a try!!

<http://www.amazon.ca/Fit-Or-Fat-Target-Recipes-Covert-Bailey/dp/0395510848>

The New Fit or Fat/the Fit-Or-Fat Woman/the Fit-Or-Fat Target Diet/Fit-Or-Fat Target Recipes: Amazon.it: Covert Covert Bailey is a true believer in  
<http://www.amazon.it/The-Complete-Fit-Fat-Book/dp/157866117X>

The Fit or Fat Target Diet has 25 ratings and 2 reviews. Once again, Covert Bailey gives such remarkable insight into "the battle of the bulge".

[http://www.goodreads.com/book/show/1481318.The\\_Fit\\_or\\_Fat\\_Target\\_Diet](http://www.goodreads.com/book/show/1481318.The_Fit_or_Fat_Target_Diet)

Fit or Fat Target Recipes has 8 ratings and 2 reviews. Mckinley said: Got some good recipes from this. More to try. Hardcore about cutting the fat; bland

[http://www.goodreads.com/book/show/2299193.Fit\\_or\\_Fat\\_Target\\_Recipes](http://www.goodreads.com/book/show/2299193.Fit_or_Fat_Target_Recipes)

Oct 03, 1992 Covert Bailey, the man behind the ``Fit or Fat`` and ``Target Diet`` ``Fit or Fat Target Recipes`` (1985), ``The Fit or Fat Woman`` (1989) and ``The  
[http://articles.chicagotribune.com/1992-10-04/health/9203300907\\_1\\_covert-bailey-first-book-fat](http://articles.chicagotribune.com/1992-10-04/health/9203300907_1_covert-bailey-first-book-fat)

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<https://sciencenotes.wordpress.com/2007/01/10/covert-baileys-target-diet/>