

Four Course 400 Calorie Meal Cookbook

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Summary:

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Calorie Meal: The Four-Course, 400-Calorie Meal Cookbook ... Find great deals for Calorie Meal: The Four-Course, 400-Calorie Meal Cookbook by Nancy S. Hughes (1991, Paperback). Shop with confidence on eBay. What Is a Four-Course Meal? | Reference.com A four-course meal is a meal that contains four distinct courses. The nature and order of the courses varies by cuisine, locale and the diners' preferences. A common four-course format features an appetizer course, soup, an entrée and a dessert.