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By Covert Bailey

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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!!

Covert Bailey : Books,Author -

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Covert Bailey has 16 books on Goodreads with 805 ratings. Covert Bailey s most popular book is Smart Exercise: Burning Fat, Getting Fit.

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Lentil Stew | The Family Recipe Box -

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

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