

Electrolux Nutrition Microwave Manual

A New Look at Microwave Cooking Lila K. Chalpin 1976

Westinghouse Service Manual Westinghouse Canada Limited 1976

Magic Chef and Gaffers and Sattler Microwave Oven Training Manual Magic Chef, inc 1982

The General Electric Microwave Guide & Cookbook General Electric Company 1977 Explains how to use a microwave oven and presents 445 recipes for a wide variety of foods. Microwave Jenny M. Webb 1977-01-01

Microwave Oven EM-G2051 San'yō Denki Kabushiki Kaisha 199? Operating instructions for the EM-G2051 microwave oven.

Operation Manual with Cookbook Sharp This is the operation manual for the Sharp R-206 microwave oven. It also has a recipes section. *The New Revised General Electric Microwave Guide and Cookbook* General Electric Company 1983

Microwave Oven Instruction Manual San'yō Denki Kabushiki Kaisha

Microwave Cooking Class Cookbook Consumer Guide 1983 This indispensable guide is for anyone on the go. Scores of recipes are formulated just for use with a microwave oven. 400 color and bandw photos.

Cooking Your Way to Better Nutrition and Weight Control with a Whirlpool Microwave Oven Susan Rapoport 1980 Abstract: A cookbook designed to provide nutritious recipes using microwave cooking is presented for consumers. Introductory topics include: advantages of microwave cooking; basic concepts of nutrition; food groups; calorie and energy needs; guidelines to weight control; and facts about sugar, fats, sodium, and fiber. Recipes have caution symbols to indicate which food items are high in sodium, cholesterol (or saturated fat), or sugar so that substitutions can be made if desired. Calories, cholesterol and sodium contents of recipe items are given. (rkm).

Appliance Service Manual for 1.5 Cu. Ft. Microwave Ovens (C and D Series). Master Care 1984

Microwave Oven Model R-7N76(W)/(B)M Sharp 199? The instruction manual for the JET convection and grill 850W microwave oven. R-952M Microwave Oven with Grill and Convection Sharp This instruction manual explains how to use the Sharp R-952M microwave oven.

Microwave Oven Training Manual, Service Manual, Magic Chef and Gaffers & Sattler Magic Chef, inc 1979

Kenmore Microwave Oven Use and Care Manual and Cookbook Sears, Roebuck and Company 1988

Microwave Oven with Grill EM-G473 San'yō Denki Kabushiki Kaisha

Touch'n Set Microwave Oven Owner's Guide Appliance manual containing instructions for the use of the appliance.

Magic Chef Service Manual 1981

Low Calorie Microwave Oven Cookbook Consumer guide 1986

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