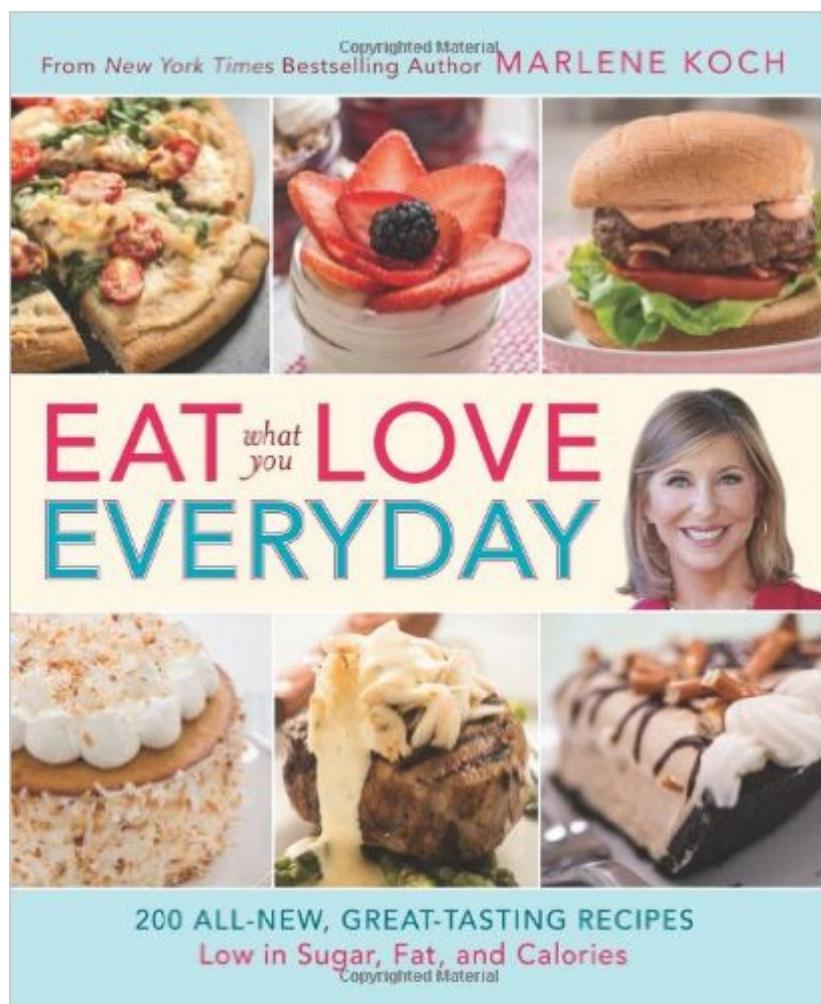


The book was found

Eat What You Love--Everyday!: 200 All-New, Great-Tasting Recipes Low In Sugar, Fat, And Calories



Synopsis

“Magician in the kitchenâ • Marlene Koch is back with the third book in her bestselling “Eat What You Loveâ • series. Eat What You Love–Everyday! offers 200 brand-new guilt-free recipes for every day, every occasion—and everyone! No one knows the foods Americans love to eat best, or makes fat, calories, and sugar “disappearâ • like Marlene. With easy-to-make great tasting recipes, and gorgeous mouthwatering images, Eat What You Love—Everyday! is the golden ticket for anyone who wants to eat the foods they love, and still look and feel their best, including those on weight loss or diabetes diets. Includes amazing makeovers from restaurants like Panda Express, Cheesecake Factory, and Starbucks, complete with compelling comparisons (Pasta Carbonara for 335 calories—not 1,440!), special occasion dishes, comprehensive nutritional analysis including Food Exchanges and Weight Watcher plus points comparisons for every recipe, and new options for all-natural, sugar-free sweeteners and glutenfree eating.Incredible Testimonials from Marleneâ ™s fans:“I am happy to let you know I have lost 52 pounds and 4 dress sizes due to your wonderful recipes.â •“I have a very picky husband and with each recipe he goes back for seconds! Thank you for making your recipes easy to follow and SO YUMMY.â •“I have lost over 40 pounds since March of this year and my A1Cs have dropped from 9.6 to 6.2 in 6 months.â •

Book Information

Series: Eat What You Love

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Customer Reviews

For those of you who have read my reviews you know that I rarely give five stars because there's always room for improvement somewhere but for this one I not only give six stars but I am looking into the other cookbooks from this author, hoping that I can rate them as equally high as this one. Also for those of you have read my reviews, you know that I won't even consider buying a cookbook without a test drive (or taste drive) by checking it out from the library. That is where I found this cookbook and where I will be pre-screening the others before committing to purchase. I am borderline diabetic and my wife had gastric surgery so carbs and sugar are both very important considerations for us when choosing to try out new recipes. We are equally disappointed even with diabetic friendly recipes at how high the carb counts are let alone the fat and caloric values and such small portions. That's what my wife and I both LIKE about this "Eat What You Love - Everyday!" cookbook. For us it's important to have healthier recipes but that don't take all day or a bank loan or a special trip to dozens of stores to find the ingredients. This book solves those problems by featuring healthy and affordable recipes with ingredients readily available and without having to slave over a hot stove. If we can find at least ten or so recipes that we would actually consider making, the cookbook is what we consider a "keeper" and worthy of buying. This is the reason that I am here to price this book to add to that "keeper" collection which I must say is quite limited. We may have five or six cookbooks that we turn to for new recipes along with the stacks of internet recipes we have copied some of which have become "tried and true."

This review is from: Eat What You Love--Everyday!: 200 All-New, Great-Tasting Recipes Low in Sugar, Fat, and Calories (Hardcover)'Guilt Free Goodness' are the first three words in Marlene Koch's new cookbook, and these words fits this cookbook to a 'T'. This is a cookbook filled with low fat, low sugar, and low calorie foods that we love. I was a skeptic, until a friend invited me for lunch, and the food was so delicious. She waited until the end of the meal to mention this was all low fat, sugar and calorie. I read through Marlene Koch's cookbook, and when this new cookbook was available I ordered it. I admit I still cook with some full fat and sugar recipes, but I try to limit those days. I am getting older and have found I put on pounds very easily. Having a choice in how to prepare foods that taste good but are healthier is a real advantage. Not only are we privy to 200 new recipes, but the information gleaned from this cookbook is vital for all of us. In slashing the sugar, trimming the fat, and cutting the calories, the author's philosophy of maintaining the taste comes first. There are 349 pages in this cookbook, crammed with recipes and healthy eating tips. In the first chapter after the Introduction, 'Everyday Healthy Eating Tips' is full of facts that were startling. 'Eating a mere extra 100 calories daily can add up to a weight gain of 10 pounds a year',

Yikes! 'Eating less fat can help us maintain our weight. Keeping the fat under 30% of our total fat is very wise.' Good fats are mentioned, avocados, olive oil etc. we do need complex carbs each day, at each meal- whole grains, fruit, beans and veggies. 'Women should consume no more than 6 teaspoons of sugar, men 9 teaspoons, but on average we consume 22 teaspoons of sugar a day.

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