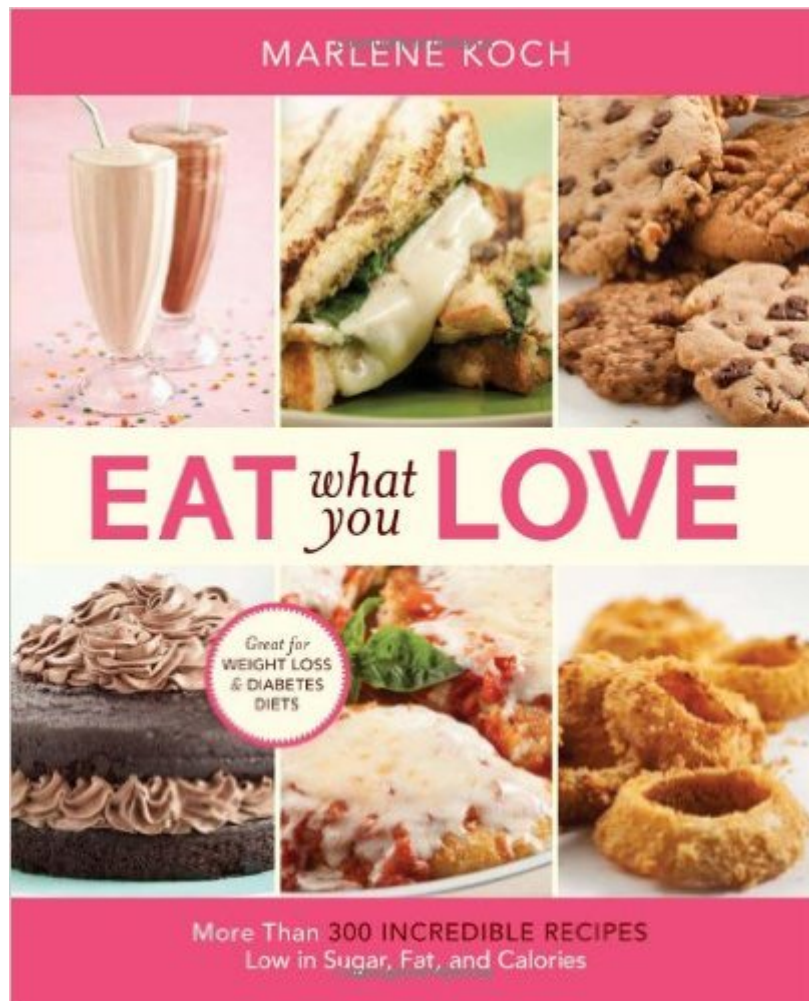


The book was found

Eat What You Love: More Than 300 Incredible Recipes Low In Sugar, Fat, And Calories



Synopsis

Marlene Koch's has been called a "magician in the kitchen" for her amazing ability to make excess sugar, fat, and calories disappear, but never the taste! In *Eat What You Love* she works her magic to craft incredible tasting guilt-free recipes for everyone's favorite foods--from luscious milkshakes and melty sandwiches, to creamy soups and crunchy "fried" foods--along with recipes for belly-filling breakfast dishes, sensational salads, perfect pastas, easy-fix entrees, savory soups and sides, and lots of her famous desserts!. With over 300 super-satisfying recipes under 350 calories *Eat What You Love* is guilt-free eating at its very best, offering everything from comforting classics like Blue Ribbon Sour Cream Coffee Cake and Everyday Spaghetti and Italian Meatballs, to restaurant and fast-food favorites such as Quicker-Than-Take-Out Orange Chicken, and Chili's-Style Beef Fajitas, to dozens of 100% guilt-free sweet treats, such as 5-Minute Blackberry Crisp, Amazing Peanut Butter Cookies, Triple Chocolate Cheesecake Pie and Perfect White Cupcakes. Marlene passionately believes that no one should have to give up the foods they love. Her quick 'n' easy family friendly recipes are perfect for everyone (and every diet!). Ideal for weight loss, diabetes, and simply utterly delicious healthy eating, *Eat What You Love* also features mouthwatering photos, cooking and shopping tips, meal planning guidelines, complete nutritional analysis (including diabetic exchanges, carb choices, and weight watchers point comparisons), and great everyday comparisons: Dare to Compare: A small Cake 'n Shake milkshake at Cold Stone Creamery® packs 1140 calories, 60 grams of fat and the equivalent of over 25 teaspoons of sugar! Marlene's luscious Vanilla Cake Batter Milkshake has just 175 calories, 4 grams of fat and no added sugars!

Book Information

Hardcover: 448 pages

Publisher: Running Press; 1 edition (April 6, 2010)

Language: English

ISBN-10: 0762434325

ISBN-13: 978-0762434329

Product Dimensions: 1.5 x 7.8 x 9.2 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (343 customer reviews)

Best Sellers Rank: #148,881 in Books (See Top 100 in Books) #135 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #201 in Books > Cookbooks, Food & Wine > Special

Customer Reviews

Right up front, Marlene Koch lays out the purpose of this book (Page 9): "My fabulous news is that eating for pleasure and eating for good health can be one and the same. I am thrilled to tell you that with this book you never again have to be deprived or sacrifice the foods you love for the sake of your health--yes, you really can have it all." At the outset, Koch looks at some of the key nutritional concepts--calories, fat, salt, carbohydrates, and proteins. In each instance, she lays out the nuances (e.g., good versus not-so-good fats). She writes of diet and diabetes and then enters the realm of "meal planning," including food exchanges, carbohydrate counting, and nutritional analysis. Then, a brief discussion of essential ingredients, ones that (Page 24) ". . . are simply low in sugar, fats, and calories" and assist, easily, developing tasty meals. Among these? Splenda, cottage cheese, cooking/baking sprays, oats, flavorings, and so on. For any cookbook, though, it's the recipes that are at the heart of matters. This book is divided into numerous categories, starting with hot and cold beverages and ending with creamy desserts. In between? Smoothies and shakes, breakfast entrees, appetizers, salads, pasta, poultry, seafood, and the like. Just a few examples to illustrate. I use a chicken piccata recipe that works very well. This book features such a recipe as well. Many similarities with what I make, but some interesting differences. Ingredients: boneless chicken breasts, flour, olive oil, white wine, lemon juice, chicken broth (reduced sodium), capers (optional--but I can't stand the thought of optional capers! They add such a nice taste), butter/margarine, and parsley. The steps to make the final dish are straightforward.

[Download to continue reading...](#)

Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat, and Calories
Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1)
Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories
Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included
Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories
Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1)
Eat What You Love--Everyday!: 200

All-New, Great-Tasting Recipes Low in Sugar, Fat, and Calories Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Counting Calories: How to Count Calories and Lose Weight Fast (Low Carb Food List: What to Eat While on a Low Carb Diet) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,)

[Dmca](#)