

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

Hardcover: 352 pages

Publisher: Running Press; First Edition, First Printing edition (April 22, 2014)

Language: English

ISBN-10: 0762451637

ISBN-13: 978-0762451630

Product Dimensions: 1.2 x 8 x 9.5 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (190 customer reviews)

Best Sellers Rank: #70,001 in Books (See Top 100 in Books) #96 inÂ Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #121 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #185 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

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.

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

Eat What You Love--Everyday!: 200 All-New, Great-Tasting 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 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) 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) 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,) 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: More than 300 Incredible 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,) 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) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories 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 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](#)