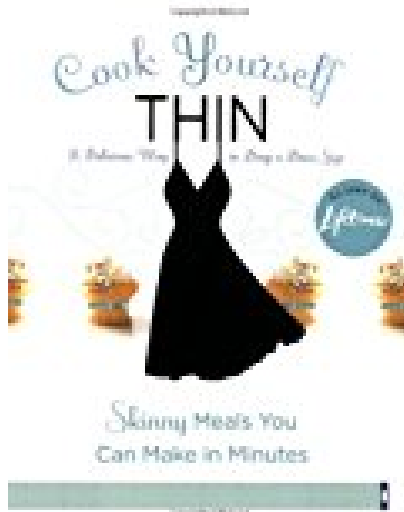


Cook Yourself Thin Skinny Meals You Can Make in Minutes



BOOK DETAILS

- Author : Lifetime Television
- Pages : 240 Pages
- Publisher : Hachette Books
- Language : English
- ISBN : 1401341136

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BOOK SYNOPSIS

Lose weight without losing your mind! Cook Yourself Thin, a #1 New York Times bestseller, is a healthy, delicious way to drop a dress size without all the gimmicks. Eighty easy, accessible recipes teach readers how to cut calories without compromising taste. For some of us, losing weight has always been a struggle. The challenge: figuring out how to cook healthy, low-fat foods that won't leave you hungry, bored, or running for a gallon of ice cream! Cook Yourself Thin shows how to cut calories, change diets, and improve health without sacrificing the foods we love. Cook Yourself Thin is not a fad diet. It gives skinny alternatives to your cravings. You can't live without your chocolate cake or mac n cheese? You don't have to! There's never enough time to cook Cook Yourself Thin keeps it simple with easy instructions and fun recipes you'll want to make again and again. What are you waiting for? Cook Yourself Thin!

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