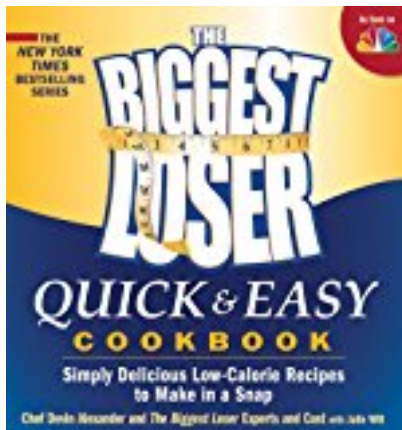


The Biggest Loser Quick & Easy Cookbook Simply Delicious Low-calorie Recipes to Make in a Snap



BOOK DETAILS

- Author : Devin Alexander
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 9781609614232

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BOOK SYNOPSIS

The first cookbook in the bestselling Biggest Loser series to focus on fast, simple meals that you can eat on the go, The Biggest Loser Quick & Easy Cookbook will feature more than 75 easy recipes with 20 minutes of prep time or less, accompanied by beautiful full-color photography. The book will also provide an overview of The Biggest Loser eating plan; include five 20 minute workouts with tips on how to burn the most calories in the least amount of time, offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics; and as always, will feature tips from the trainers and contestants on time-saving techniques for fitting healthy meals into busy schedules. The 75 quick and easy recipes will include such categories as breakfast on the double, speedy soups and sandwiches, throw-together salads and sides, mains in minutes, lickety-split sweet bites, and more. Sample recipes include: Asparagus & Chicken Apple Sausage Scramble Sausage Feta Pepper Breakfast Bake Blanca Arugula Pizza Monkey Trail Mix Caprese Burger Cold Dumpling Salad Garlic & Herb Mac & Cheese Spicy Cayenne Corn on the Cob Coffee Crusted Chopped Steak Philly Cheese Steak Pizza Crispy Pesto Cod Meyer Lemon Seared Scallops Chocolate Raspberry Dreamers Honey Nut Apple Butter Rice Cakes

THE BIGGEST LOSER QUICK & EASY COOKBOOK SIMPLY DELICIOUS

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