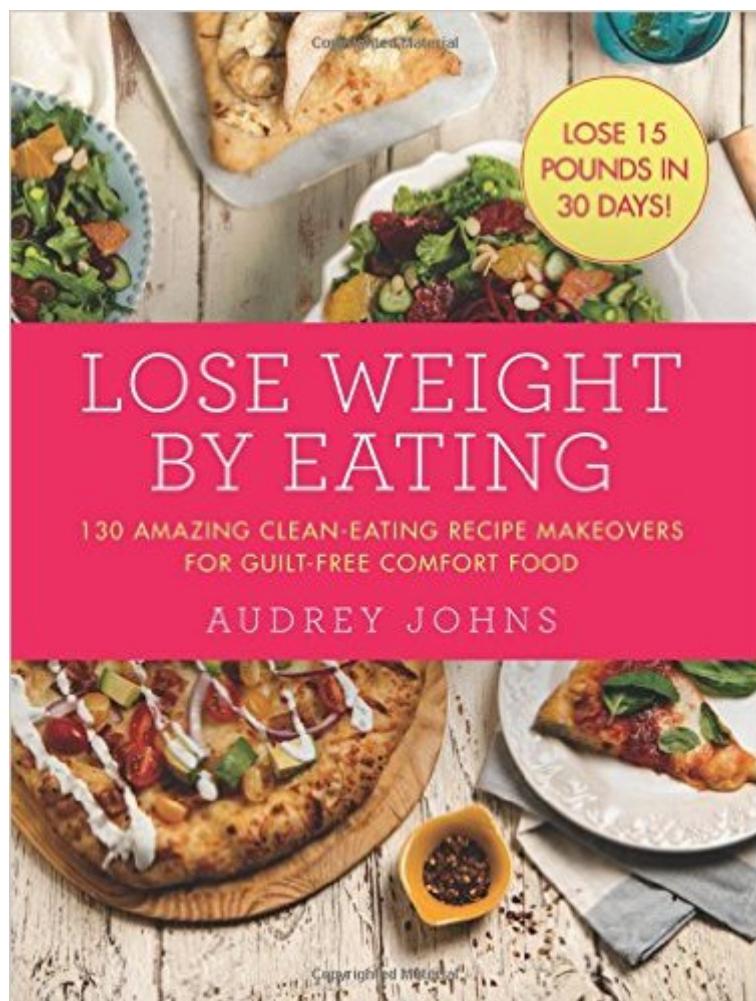


The book was found

Lose Weight By Eating



Synopsis

Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbookâ "featuring more than 130 clean eating recipes and gorgeous full-color photosâ "from the popular weight loss blogger who lost 150 pounds in eleven months. At 275 pounds, Audrey Johns was unhealthy and unhappyâ "until the day she vowed to give up the â œfake foodâ • and taught herself to cook her favorites from scratch. Within eleven months, Audrey mastered the kitchen, began to take better care of herself, and lost more than 150 poundsâ "over half her body weight. Now, Audrey shares her story, insights, and clean eating recipes to help you slim down. *Lose Weight by Eating* includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, fried chicken, nachos, meatloaf, and cookiesâ "all bursting with flavor and fewer than 500 calories per serving. Most recipes use simple and inexpensive smart swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and husband-approved. Imagine losing eight to sixteen pounds the first week and fifteen to twenty-five pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake bars! *Lose Weight by Eating* lets you enjoy these delights and more, such as â œJelly Doughnutâ • French Toast, California Club Pizza, Whole Roasted Chicken with Potatoes and Onions, Veggie Packed Lasagna, Cheddar Stuffed Turkey Burgers, Chocolate Peanut Butter Dip with Fruit, and Skinny Cheesecake with Raspberry Drizzle. Audrey also provides a handy six-week meal plan and weight loss tips to keep you motivated. *Lose Weight by Eating* is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every dayâ "and still shed those unwanted pounds.

Book Information

Paperback: 304 pages

Publisher: William Morrow Cookbooks (April 12, 2016)

Language: English

ISBN-10: 0062378694

ISBN-13: 978-0062378699

Product Dimensions: 7.4 x 0.7 x 9.1 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (163 customer reviews)

Best Sellers Rank: #10,310 in Books (See Top 100 in Books) #30 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #50 inÂ Books > Cookbooks, Food & Wine >

Customer Reviews

I preordered my copy of *Lose Weight by Eating* a day early (Thank you, !) and stayed up late planning for my week of meals. So far I've made the jalapeno poppers (I made those after she included them in a recipe column for VINO magazine, which I was the editor of at the time), blue cheese buffalo burgers, oatmeal and tomatoe basil mozzarella panini, as well as several of the smoothie recipes from the website. My household has a number of food restrictions or limitations--my daughter cannot have gluten or dairy, no gluten for me and my dad is adversed to eating gluten- or dairy-free and has trouble with food that's different from what's he ate for the last 40 years in the MidWest. The buffalo burgers went over well, I subbed regular buns for gluten-free and left out the cheese for my daughter. None of us had ever had buffalo meat and we all very much enjoyed them and will have them again. I have read through nearly every recipe and find that they are all easy to make gluten-free and fairly easy to make dairy-free (my daughter doesn't miss cheese from recipes as much as I do, so some recipes I'm not sure I could make dairy-free and not lose the intended taste, but that's mostly just the mac and cheese), but that's OK. I'm excited to have a cookbook full of recipes that either fit our diet or are easily modified and Audrey includes tips for modifying recipes for different restrictions/diets (such as vegetarian and gluten-free) and people's personal tastes. I enjoy how relatable Audrey is--she's been there and understands. As someone who knows how to eat healthy, and often does, but gets busy or tired, which leads to the weight going back on, I'm excited to have a book full of recipes that are meant to be delicious AND take the weight off.

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

Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Lose Weight by Eating Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health Green Smoothies: 40 Best Green Smoothie Recipes to Lose Weight and Detox Your Body Always Hungry?: Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently Self-Disciplined Dieter: How to Lose Weight and Become Healthy Despite Cravings and Weak Willpower Binge Eating Cure: Cure Binge Eating with Intermittent Fasting 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods

Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days Children's book: " Kate and Bob, Don't Lose Hope": Animal stories Turtles,Rhymes, Values, Preschool -Picture Book age 2-8, kids eBook (Funny Bedtime StoriesBeginner Reader& Early learning -Series 7) Everything to Lose (Destination Billionaire Romance) The Paleo Kids Cookbook: Transition Your Family to Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating Eating Viet Nam: Dispatches from a Blue Plastic Table Real Food/Fake Food: Why You Don't Know What You're Eating and What You Can Do about It The Seasoned Life: Food, Family, Faith, and the Joy of Eating Well The Hungry Fan's Game Day Cookbook: 165 Recipes for Eating, Drinking & Watching Sports Green Smoothies for Kids: Teach Your Children to Enjoy Healthy Eating

[Dmca](#)