



The Biggest Loser Flavors of the World Cookbook: Take your taste buds on a global tour with more than 75 easy, healthy recipes for your favorite ethnic dishes

By The Biggest Loser Experts and Cast; Alexander, Devin; Roberson, Melissa

Rodale Books, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Pizza. Huevos Rancheros. Pad Thai. Enchiladas. Some of America's most-craved foods aren't American in the traditional sense--they're the international foods we love to order at restaurants or have delivered to our homes. But most renditions of these beloved ethnic dishes are full of fat and calories. How can dieters get the flavor they crave, without buying one of those reduced-calorie frozen meals that are full of salt and other preservatives? Now, with The Biggest Loser Flavors of the World Cookbook, they can have their lasagna and eat it too With more than 75 recipes for favorite ethnic staples as well as legendary regional American cuisine created by Chef Devin Alexander and The Biggest Loser contestants, healthy eating has never been more exciting. Readers will discover how former contestants reinvented favorite dishes from their own cultures and regions to fit into their healthy new lifestyle, and will learn how to cut the calories and fat from America's most-loved ethnic foods. And Chef Devin Alexander's reliably decadent creations save both money and calories, as any of these dishes can be made at home for a...



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