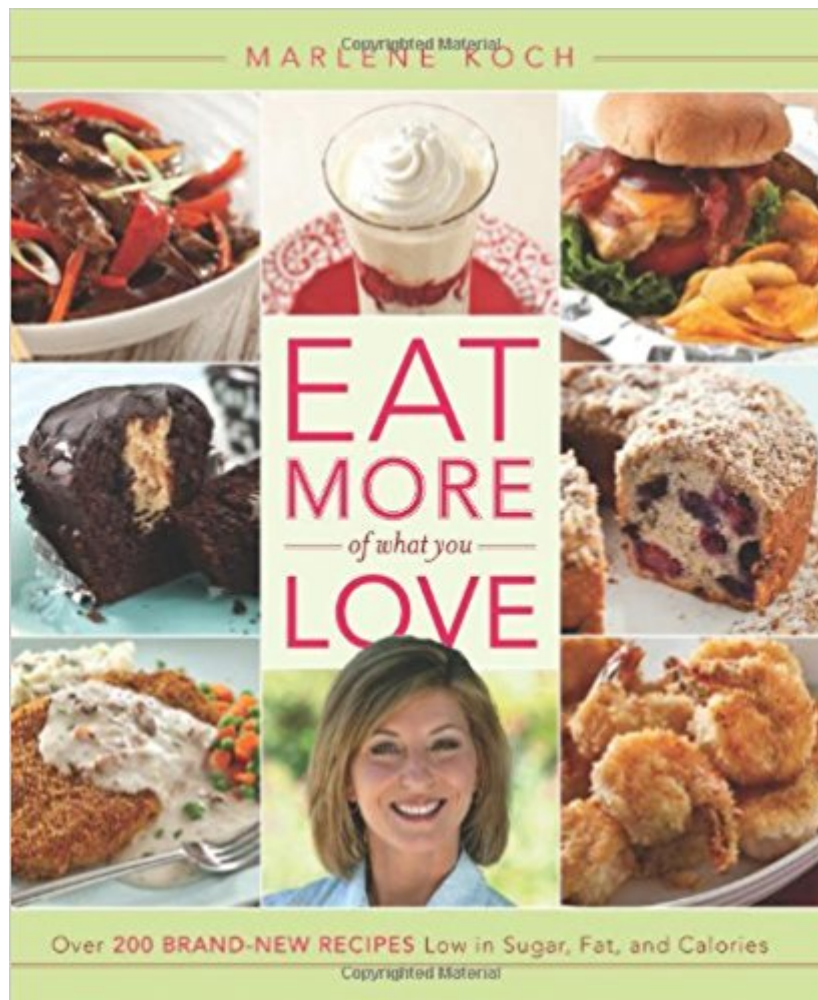




The book was found

Eat More Of What You Love: Over 200 Brand-New Recipes Low In Sugar, Fat, And Calories



Synopsis

The hardest foods to give up are the ones you love best - but Marlene Koch says, "you don't have too!" Marlene Koch, author of the bestselling cookbook *Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat and Calories*, has been dubbed a "magician in the kitchen" when it comes to slashing sugar, calories and fat, but never great taste - and here she delivers with over 200 brand-new super satisfying guilt-free recipes (under 350 calories!) that everyone will love! From Mile High Meatloaf and Chicken Fried Steak with Cream Gravy to Stuffed Black and Blue Steak Burgers to Pizza Pasta Pie and Red Velvet Cupcakes, whether the foods you love are creamy, cheesy and fried, or fresh and fit, you'll find them here - not only healthier - but more delicious than ever! Here Marlene delivers more; more comfort foods like Sour Cream and Onion Smashed Potatoes and quick and easy Macaroni and Cheese Muffins, more restaurant classics like Chicken Fettucine Alfredo (330 calories versus the usual 1,400!!) and P.F. Chang-Style Mongolian Beef, more slow cooker recipes like Lazy Day Lasagna, more quick 'n' easy recipes like 15-Minute Shrimp Fettucine and Quick-Fix Carmelized Onions, and LOTS more desserts including her Amazing Pecan Pie Cups (with under a teaspoon of sugar in each!), Raspberry Oat Bars, and 90-Calorie Chocolate Cupcakes. "Marlene's quick and easy, fool-proof recipes are perfect for everyone and every diet!" Every recipe comes with complete nutrition information including WEIGHT WATCHER POINT COMPARISONS, DIABETIC EXCHANGES AND CARB CHOICES making *Eat More of What You Love* the perfect companion for weight loss and diabetes diets. Brand-new to this edition you'll also find more options than ever for sweeteners, gluten-free eating, and delicious guilt-free menus. Dare to Compare: Whoa cupcake! A Peanut Butter Cup Chocolate Cupcake from the cupcake bakery clocks in with over 500 calories and over 2 days' worth of sugar. Marlene's Ooey Gooey Peanut Butter Stuffed Chocolate Cupcakes have just 160 calories and 2 teaspoons of sugar!

Book Information

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Customer Reviews

I have been cooking for MANY years & I have all my recipes filed etc BUT this caught my eye on QVC and as she tabulates calorie count,sugars etc as well as sodium -so I purchased this edition.Very explanatory & easy to follow if someone is new at cooking-pictures plus plus!A GREAT gift for new cooks too.The Sodium caught my eye as well as the Caloric Counts...what easy recipes-not complicated & she uses different methods of cooking also.A very talented gal...her first book- my friends raved about-now I know why.I think you would enjoy this one & her step methods are so simple too...very good tasting food too!This Book got me to purchase a little larger slow cooker too & freeze the extras-as it is so simple.May you enjoy as I have-Happy Cooking!

Marlene Koch has out done herself AGAIN! I loved her first cookbook, Eat What You Love, so I knew I had to get this one. In just reviewing the recipes, I cannot wait to start cooking!!! I purchased her first cookbook while on Weight Watchers and it helped me so much in obtaining my weight goal. Now with this new book there are MORE recipes to keep me on track!Cheddar Bay Style Biscuits, James' Pepperoni Pizza Puffs, PF Changs Style Mongolian Beef, Unbelievable Whoopie Pies.....and on and on!!This cookbook is a MUST for anyone watching their sugar, fat, or calorie intake. I promise, you will not be disappointed!

I did not realize that so many recipes used artificial sweeteners, I try not to use too much of that, we get enough in drinks. I prefer unsweetened applesauce or some such product. I definitely would not have ordered the two books had I known ahead of time.

After struggling for some time with higher than desired blood sugar levels, I started making recipes from Marlene's Eat What You Love and Eat More of What you Love cookbooks. The recipes are delicious and she's so right: you don't have to give up things you love. I've made Chicken Parmesan, Chicken Fried Rice, Banana Bread, Blueberry Muffins and there is absolutely no reason to make these dishes the high-sugar way. They are delicious! These books are now my "go to"

cookbooks and have inspired me to just eat better in general. In my case, my counts are within or below range most of the time now and I feel so much better. Thank you, thank you Marlene for these lifesaving cookbooks!! More please!!

Okay, I'm back to edit my review after having tried some of the recipes. Now, I wish I could give this book six stars. I have tried the Big Bowl Carrot Cake Oatmeal, the Buffalo Chicken Salad Sandwich, the Quiche, the General Tso's Chicken and the Pasta Pizza Pie. The Chicken Pot Pie Soup is next. Really? This is healthier eating? Did I mention that I've lost 2 pounds while eating these dishes? If you crave tasty food and are trying to eat healthier or if you are doing weight watchers, this book and its predecessor are essential. These are the recipes that have helped me to make eating better a lifestyle change and not a diet. I got every ingredient I need for every dish at the local Wally-Mart. Some of these dishes freeze really well too. I'm with another reviewer....I'm ready for the next installment. In my kitchen, the first two books are tried and true. I'm Eating What I Love! My Original Review (Before Trying Recipes): WOW! I pre-ordered this book in January hoping that it would be as good as the first. It is! I have as many tabs and paper clips in the sequel as I put in the original "Eat What You Love" when I first received it. These books are so exciting. I am doing Weight Watchers, which is a program that I am drawn too because it does not involve deprivation. If I crave, I will not stick to a weight loss/management plan. Sweet tooth, take-out, crunchy, creamy, cheesy, slow-cooked and comfort food... Together these books have a cure for whatever I'm craving and I can keep on losing weight. Just like the first book, this one contains easy recipes with common ingredients that anyone can further modify with little effort (if necessary) to meet their specific needs. If you do any cooking at all, you can just read the recipes and know that they will work out. I cannot wait until this weekend. I'm making chicken pot pie soup on Saturday night and buffalo chicken salad for lunch next week. Wow, that sounds good!

I love Marlene's books and there are some GREAT recipes in it but for some strange reason her publisher decided NOT to add a searchable table of contents to the Kindle version.. this makes using it near to impossible as you have to go through all the PAGES to try and find something... Her first book was not like this and it is searchable but I am so frustrated trying to FIND ANYTHING.. and if I want to refer back to the recipe it takes me so long just to try and locate the section of the book it might be in PLEASE ... you will save yourself a lot of frustration just buy the paperback version..... I am sorry I spent the money on this digital copy.

I have the first book and it too is very good, but this sequel is WONDERFUL!!! I can honestly say I've used it almost daily and have not been disappointed. Even my picky family cannot tell how healthfully they are eating. I'm enjoying the book so very much. I truly didn't know that familiar foods could be made to taste so good. Please keep up the good work!

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