



Fabulicious! Fast & Fit: Teresa's Low-Fat, Super-Easy Italian Recipes

By Teresa Giudice, Heather Maclean

Running Press. Paperback. Book Condition: new. BRAND NEW, Fabulicious! Fast & Fit: Teresa's Low-Fat, Super-Easy Italian Recipes, Teresa Giudice, Heather Maclean, With two New York Times best sellers and continued star-status on The Real Housewives of New Jersey, Teresa Giudice has lots more to share with her fans. In this latest book, Teresa provides a detailed program for how she keeps her voluptuous, sexy figure after four kids (and as she approaches 40). The more than 60 recipes in Fabulicious!: Fast & Fit emphasize "skinny": including lessons on playing up veggies and grilled meats, cooking low-calorie Italian favorites, and rules for the five things you MUST cut out (and what to replace them with). But Teresa isn't about deprivation. She loves food-- especially pasta and Tiramisu! Teresa proves that you CAN have your skinny jeans and spaghetti too. She tells you exactly how to live La Bella Vita- the "skinny" way.



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