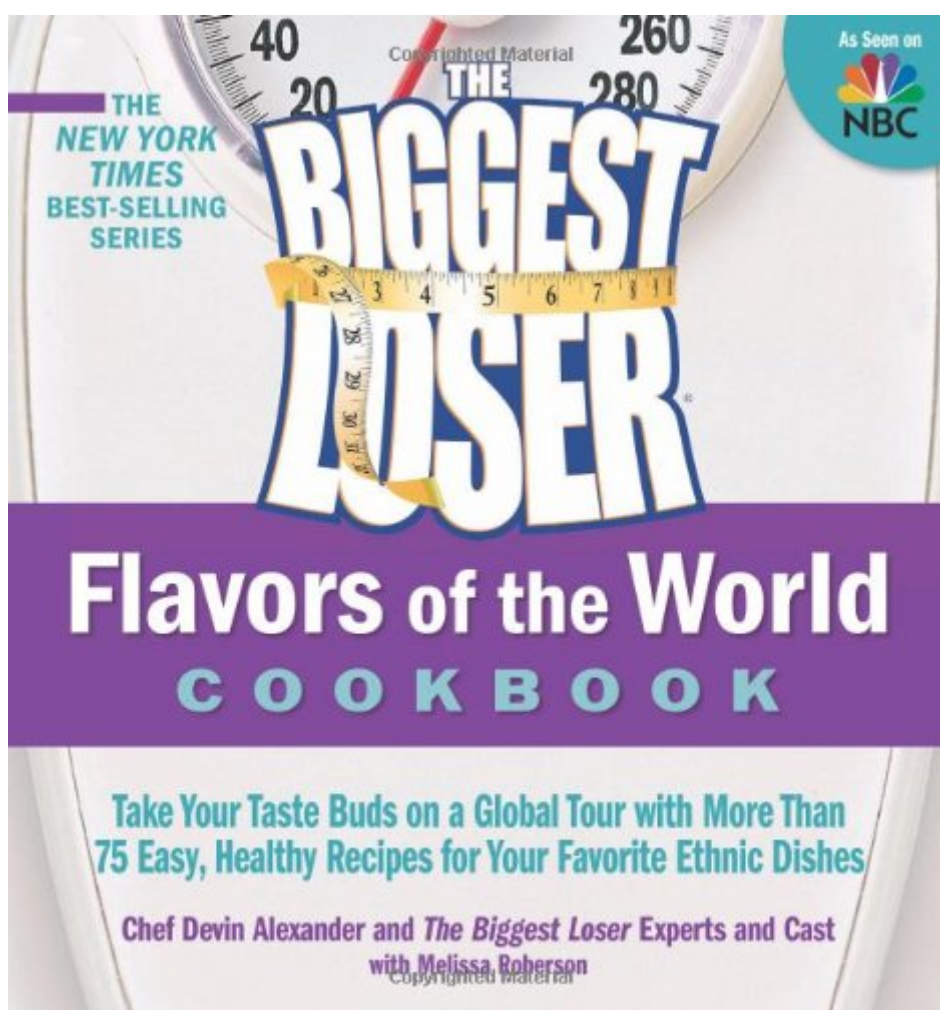


The Biggest Loser Flavors of the World Cookbook: Take your taste buds on a global tour with more than 75 easy, healthy recipes for your favorite ethnic dishes PDF



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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, Devin Alexander, Melissa Roberson ISBN B0055X6KU6

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 fraction of the cost of a restaurant or take-out meal.

The book will include recipes for meals, snacks, dinners, and desserts, and will cover a wide range of cuisines, from the down-home Southern classics to delicious Asian dishes, Mexican favorites, hearty Italian meals, and many others. The book will also include cooking tips from Chef Devin, weight loss advice from the contestants and trainers, and an overview of the Biggest Loser food plan.

The Biggest Loser Flavors of the World Cookbook will show readers how to expand their culinary horizons—without expanding their waistlines!

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 Review

This 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 book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of 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 without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry 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 can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This 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 having great arrangement in word and layout, so you will not really feel uninterested in reading.