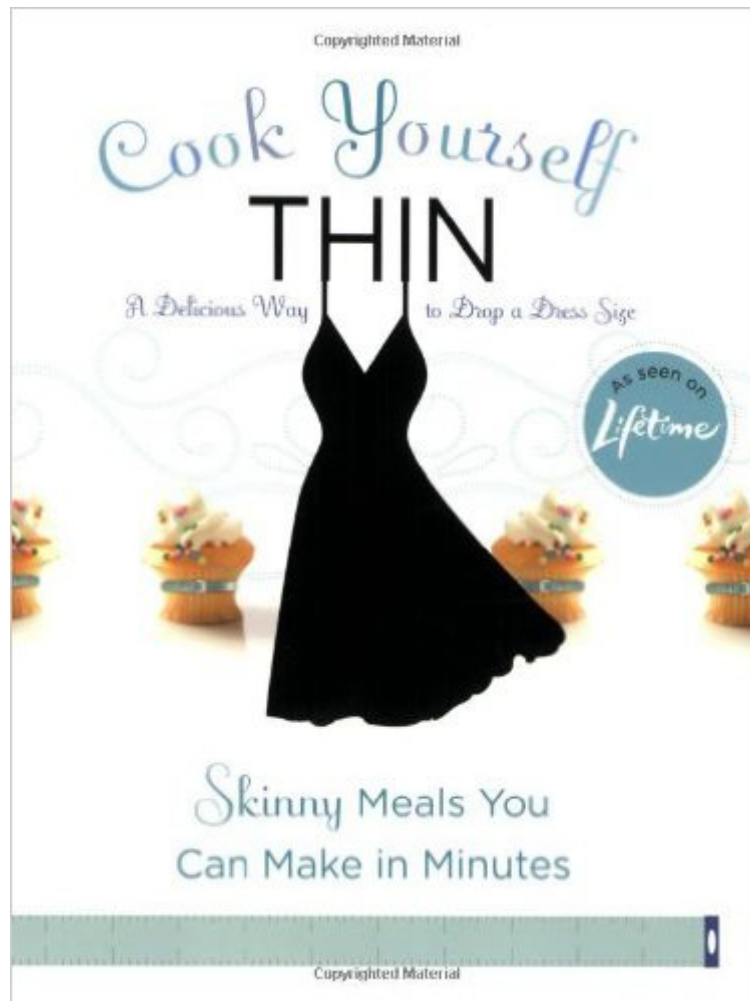


The book was found

Cook Yourself Thin: Skinny Meals You Can Make In Minutes



Synopsis

Lose weight without losing your mind! Cook Yourself Thin is a healthy, delicious way to drop a dress size without all the gimmicks. The ladies of "Cook Yourself Thin," a new Lifetime reality show, offer 80 easy, accessible recipes in this companion cookbook that teaches readers how to cut calories without compromising taste. For some of us, losing weight has always been a struggle. The challenge: figuring out how to cook healthy, low-fat foods that won't leave you hungry, bored, or running for a gallon of ice cream! Cook Yourself Thin shows how to cut calories, change diets, and improve health without sacrificing the foods we love. Cook Yourself Thin is not a fad diet. It gives skinny alternatives to your cravings. You can't live without your chocolate cake or mac 'n' cheese? You don't have to! (See Deep Dark Chocolate Cake, page 197.) There's never enough time to cook? Cook Yourself Thin keeps it simpleâ” with easy instructions and fun recipes you'll want to make again and again. What are you waiting for? Cook Yourself Thin!

Book Information

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Average Customer Review: 4.2 out of 5 starsÂ” See all reviewsÂ” (399 customer reviews)

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Customer Reviews

Let me address 2 things here. Time and Calories, which seem to be issues in other reviews...First, calories: Calories for fruits and vegetables are all average. They are all nature made, so one may be sweeter than the other- we have all had one bitter strawberry and one really sweet one, right? The sweetness of these items fluctuate making the calories fluctuate. There is no "definite" caloric value for a fruit or vegetable! I have books that contradict caloric intake as well. It depends on the item

being tested and the ripeness and sweetness of that specific item on that particular day! I do agree they should have more nutritional value than just calories though...And as far as calories being high, you are eating a meal- they can't be much lower!! And it makes a difference if the calories come from fiber or from fat too...Second is time. Some of these are time consuming recipes. I made the carrot cake (my new favorite recipe) and it took a while to grate the carrots by hand, so I used a food processor which was phenomenal. You need to use your head sometimes to cut corners if you don't have a lot of time. Other than the desserts, the meals also can be time consuming, but some are fast. Just like any other cookbook! This book isn't titled "quick meals for lazy people" It is a book filled with healthy alternatives for people who like to eat! We are also not selling a movie, so who cares where the show airs! I personally love the show and the people on it. The book is also not a rip off of any other book- its the same concept and many books out there (not just hungry girl), but it's got different recipes.

As a fan of the Lifetime Series but a skeptical dieter, I wasn't sure whether the happy results on the show would be my own. Also, the economy sent me packing back to my parents' home for the year, and they are traditional, meat-and-potatoes and BUTTER eaters. My mother and I now take turns cooking, and also sometimes cook together. Would these recipes go over well in this household??YES!!!In fact, when my brother came home for a visit, I took my first crack at a recipe from the book: vegetable lasagna. I also made a "traditional" version, just in case. (My brother, in particular, can be a bit fussy.) To my enormous surprise, we all preferred the Cook Yourself Thin version!!I've now tried perhaps 6 or 8 recipes from this book (and also about as many from "Cook Yourself Thin Faster). I often like to prepare things that produce leftovers, like the lasagna, chicken pot pie (also spectacular), onion soup (I made a double recipe & then added the bread & cheese when reheating individual portions). For Mother's Day, I made the stuffed French Toast Sundaes, which went over as a "fancy delicacy" (I didn't mention that they were "healthy.")I understand some of the other comments that maybe these aren't the "lowest calorie" recipes out there, but I tried lots of those (Weight Watchers, Hungry Girl, etc.). For me, some just weren't as tasty as I'd like, or maybe the selections just weren't to my taste. Worse, I couldn't get into some of the recommended substitutes at Hungry Girl, or at some other sites. Some rely heavily on weird chemical food substitutes or fat-free dressings, etc. (Have you ever read the back of those packages? Processed corn this and chemical that! Yuck!

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Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Sams Teach Yourself Google Analytics in 10 Minutes (Sams Teach Yourself -- Minutes) Gmail in 10 Minutes, Sams Teach Yourself (2nd Edition) (Sams Teach Yourself -- Minutes) Gmail in 10 Minutes, Sams Teach Yourself (Sams Teach Yourself -- Minutes) 17 Quick and Easy High-Protein Meals: That You Can Make in 12 Minutes or Less Make Ahead Meals: Stock Up On These 44 Fridge And Freezer Friendly Meals Ahead Of Time, And You'll Never Go Hungry Again-Save Time And Reduce The Stress ... Slow Cooker Recipes, Make Ahead Paleo) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) You Can Think Yourself Thin: Transform Your Shape with Hypnosis Dump Meals Box Set (11 in 1): Healthy and Easy-to-Make Recipes to Make in Less than 30 Minutes (Quick and Easy Microwave Meal Recipes) Diets: The Skinny Delicious Diet (Your Smart Genetic Pathway to a Leaner New You (Your Permanent Weight Loss Program): Over 100 Paleo and Vegan Recipes ... (Free Yourself From Excess Fat Forever) Eat Fat, Lose Weight: The Right Fats Can Make You Thin for Life I Can Make You Thin: The Revolutionary System Used by More Than 3 Million People (Book and CD) I Can Make You Thin Freezer Meals: 365 Days of Quick & Easy, Make-Ahead Meals For Busy Families (Freezer Recipes, Freezer Cooking, Dump Dinners, Make Ahead, Slow Cooker)

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