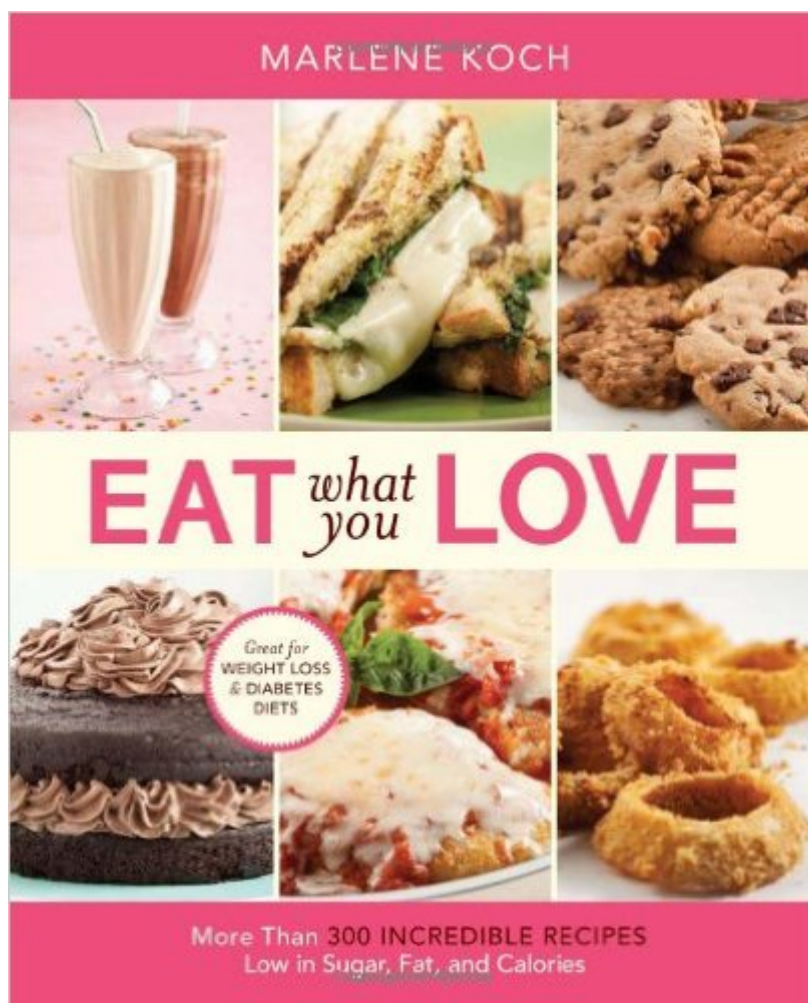


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# Eat What You Love: More Than 300 Incredible Recipes Low In Sugar, Fat, And Calories



## Synopsis

Marlene Koch's has been called a "magician in the kitchen" for her amazing ability to make excess sugar, fat, and calories disappear, but never the taste! In *Eat What You Love* she works her magic to craft incredible tasting guilt-free recipes for everyone's favorite foods--from luscious milkshakes and melty sandwiches, to creamy soups and crunchy "fried" foods--along with recipes for belly-filling breakfast dishes, sensational salads, perfect pastas, easy-fix entrees, savory soups and sides, and lots of her famous desserts!. With over 300 super-satisfying recipes under 350 calories *Eat What You Love* is guilt-free eating at its very best, offering everything from comforting classics like Blue Ribbon Sour Cream Coffee Cake and Everyday Spaghetti and Italian Meatballs, to restaurant and fast-food favorites such as Quicker-Than-Take-Out Orange Chicken, and Chili's-Style Beef Fajitas, to dozens of 100% guilt-free sweet treats, such as 5-Minute Blackberry Crisp, Amazing Peanut Butter Cookies, Triple Chocolate Cheesecake Pie and Perfect White Cupcakes. Marlene passionately believes that no one should have to give up the foods they love. Her quick 'n' easy family friendly recipes are perfect for everyone (and every diet!). Ideal for weight loss, diabetes, and simply utterly delicious healthy eating, *Eat What You Love* also features mouthwatering photos, cooking and shopping tips, meal planning guidelines, complete nutritional analysis (including diabetic exchanges, carb choices, and weight watchers point comparisons), and great everyday comparisons: Dare to Compare: A small Cake 'n Shake milkshake at Cold Stone Creamery® packs 1140 calories, 60 grams of fat and the equivalent of over 25 teaspoons of sugar! Marlene's luscious Vanilla Cake Batter Milkshake has just 175 calories, 4 grams of fat and no added sugars!

## Book Information

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## Customer Reviews

Right up front, Marlene Koch lays out the purpose of this book (Page 9): "My fabulous news is that eating for pleasure and eating for good health can be one and the same. I am thrilled to tell you that with this book you never again have to be deprived or sacrifice the foods you love for the sake of your health--yes, you really can have it all." At the outset, Koch looks at some of the key nutritional concepts--calories, fat, salt, carbohydrates, and proteins. In each instance, she lays out the nuances (e.g., good versus not-so-good fats). She writes of diet and diabetes and then enters the realm of "meal planning," including food exchanges, carbohydrate counting, and nutritional analysis. Then, a brief discussion of essential ingredients, ones that (Page 24) ". . .are simply low in sugar, fats, and calories" and assist, easily, developing tasty meals. Among these? Splenda, cottage cheese, cooking/baking sprays, oats, flavorings, and so on. For any cookbook, though, it's the recipes that are at the heart of matters. This book is divided into numerous categories, starting with hot and cold beverages and ending with creamy desserts. In between? Smoothies and shakes, breakfast entrees, appetizers, salads, pasta, poultry, seafood, and the like. Just a few examples to illustrate. I use a chicken piccata recipe that works very well. This book features such a recipe as well. Many similarities with what I make, but some interesting differences. Ingredients: boneless chicken breasts, flour, olive oil, white wine, lemon juice, chicken broth (reduced sodium), capers (optional--but I can't stand the thought of optional capers! They add such a nice taste), butter/margarine, and parsley. The steps to make the final dish are straightforward.

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