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# Stir-Fry Yourself Skinny (Low Fat, Stir-Fry Diet Recipes, Lose Weight Healthy Without Diet Pills Book 1)



## Synopsis

From the #1 Best Selling Author, Sara Winlet! Stir-frying is a great way to lose weight without having to suffer through the typical boring, tasteless, low-fat meals. My Stir-fry meal recipes are quick and easy to prepare, delicious, and nutritious. Your family will love the flavor and you will be happy knowing they are eating a healthy, low-fat meal. I typically serve most of my stir fry meals with brown rice. However, if you are attempting to reduce carbohydrates, place the your stir-fry serving on a large lettuce leaf to make a lettuce wrap. Either way, you will love this delicious and healthy way to Lose Weight! In this great low-fat, stir-fry cookbook, you will find a variety of recipes including: Poultry, Beef, Seafood, Pork, and Vegetable Stir-fry meals. This recipe book will show you how to create great tasting, easy to prepare, low fat, stir-fry meals which will also help you to achieve your weight loss goals.

## Book Information

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## Customer Reviews

I was excited to see this book as I make stir fry dishes at least once or twice a week. I was happy to see there were actually some low sodium recipes such as Ginger Chicken Stir Fry and Citrus Pork Stir Fry, as the sodium level is usually a concern when stir frying. The directions are clear and easy to follow and the ingredients are easily available without going to an Asian market. If you enjoy stir

frying you'll love this book. If you've never tried this way of cooking, this book is a good starting point for beginners.

This is a nice little cookbook. It does have some flaws in it however. First of all she suggests using round steak and flank steak, both of which need long slow cooking not stir frying. Stir frying will yield very tough strips of these meats. You are better off to use sirloin for these beef recipes. Another problem she suggests using corn starch mixed with large volumes of liquid which usually results in lumpy sauce. You need to mix your cornstarch with a small amount of liquid first to make a slurry and then add the rest of your liquid. One of the things that is my pet peeves is people publishing very small cookbooks and then not having pics of their recipes, she does have pics of every recipe and the photography is good, not great but good. So it is for these reasons that I gave her a 4 star instead of a 5 star rating

This is a simple and straightforward cookbook, not difficult to understand and with most ingredients easy to come by. The author included nutritional information at the end of each recipe which makes it very easy for those who are on any type of diet. If you are someone who would like to try "chinese" stir fry cooking, this is a very good first cookbook. Nice diversity of recipes and very tasty. I would recommend this cookbook to friends and family.

I loved every recipe I've tried. What I love is they're easy to make, not a lot of ingredients, I already have most all of the ingredients on hand, but most of all they all are so delicious!! Thank you for these wonderful recipes!

Well, my mouth is watering and my stomach is growling, even though I just ate. Even the recipes with ingredients I don't care for sounded appetizing. I can't wait to try some of these recipes. I think it might be helpful to have the start point at the explanation about stir-frying and the tips on stir-frying. They were very informative.

I love to cook in my wok, and this book has given me a lot of opportunities to try new recipes and sauces, rather than just buying the sauces from the store. I recently went through a diabetes prevention program and have cut back a lot on fats and calories, so something like this, offered for free, has been a real benefit for me. (Not to mention that I have lost nearly 40 lbs using this and other recipes.)

Stir-Fry Yourself Skinny (Low Fat, Stir-Fry Diet Recipes, Lose Weight Healthy Without Diet Pills) by Sara Winlet Had wanted to read this cookbook because the nutritionist wants us to try more stir fry meals per week. After reading the few chapters at the beginning I know this will be a keeper. The first easy recipe does not have any sodium. Every recipe not only has a color picture but the nutrition information that we need to know prior to cooking it. Finding it's hard now with our new meal plans to prepare dinner: cutting up vegetables, salad fixings but in the long run it's worth it. Fresh vegetables and a daily thing in our house especially for dinner. Other snacks and meals during the day also include them. Glad to actually have a recipe and the ingredients to fix the stir fry myself rather than relying on a mix with MSG or sodium.

This book is badly in need of an editor. The recipe for "Tasty Garlic Chicken Stir-Fry" has a photo with a note how it's one of the author's favorites because of the garlic and the cabbage. There is no cabbage in the recipe. I don't see cabbage in the photo either. The recipe for "Ginger Chicken Stir-Fry" lists 1/2 teaspoon of sugar in the ingredients. It is not mentioned in the directions. The "Beefy Broccoli" recipe calls for round steak. Seriously? Round steak is too tough for a stir-fry. The recipe also calls for ground ginger powder. Again, seriously? How about fresh ginger? There is no garlic in the ingredient list for "Shrimp and Garlic Stir-fry." I picked up on all of these issues with just a cursory read. I don't think I can really trust this book. Thank goodness it was free. Delete! And then, inexplicably, at the end of the book is a quotation from the Bible. The quotation doesn't even pertain to food. Oy!

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