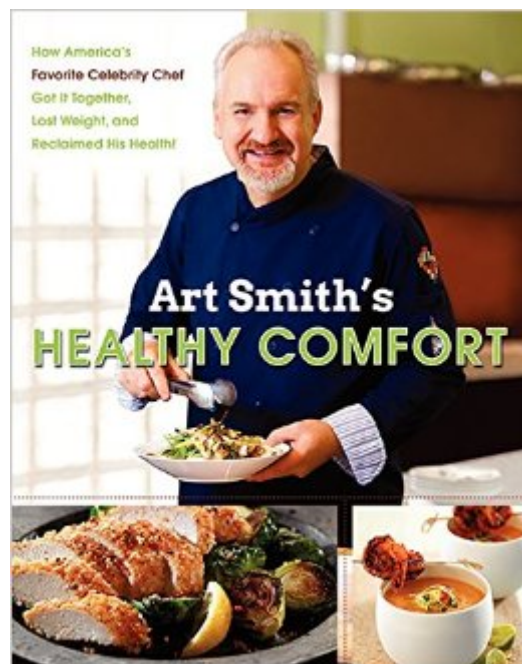


The book was found

Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got It Together, Lost Weight, and Reclaimed His Health!



Synopsis

Art Smith, the award-winning, personal chef to Oprah Winfrey, returns to the kitchen with Art Smith's Healthy Comfort, a collection of 150 original, delicious recipes that will help you lose weight. Over 100 pounds overweight and facing a personal health crisis that included diagnoses for diabetes, high blood pressure, and high cholesterol, Smith started to exercise and made changes to his diet while continuing to prepare scrumptious meals. For the first time, he shares his weight-loss secrets and the recipes that helped him keep off the pounds. Filled with stunning full-color photos and easy-to-follow directions, Art Smith's Healthy Comfort is a culinary pleasure that will put you on the path to a new, healthy lifestyle.

Book Information

Hardcover: 272 pages

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (69 customer reviews)

Best Sellers Rank: #96,218 in Books (See Top 100 in Books) #54 in [Books > Cookbooks, Food & Wine > Professional Cooking](#) #193 in [Books > Cookbooks, Food & Wine > Celebrities & TV Shows](#) #341 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

Customer Reviews

I love to cook, and love to read cookbooks as if they are novels. Shelf space being at a premium, over the years I've learned to be discriminating about what books I actually add to my collection. Too many purchases made with high expectations only to be disappointed by the reality. So now I first check the public library to actually evaluate a new book before buying. After giving this one a test run, I definitely plan to buy this cookbook. Art Smith came to fame by being Oprah Winfrey's personal chef, and watching him on her show is how I first became aware of him, although he clearly has expanded his own celebrity chef status. I don't own any of his other cookbooks so I approached this one without any knowledge of past published work. I was curious about this particular volume because it isn't a diet book, but rather a guide for sensible cooking created by a cooking professional rather than a fitness specialist. So, while there is no diet plan, there is a group

of well-crafted recipes that are both healthy and tasty. Meals so good it isn't obvious they have incorporated healthy ingredients. The book contains 117 recipes and is divided into eleven chapters plus an introduction along with a well-designed index in the back of the book so recipes can be quickly located either by name or main ingredient. There is also a motivational note to his readers. The remaining chapters are: You Can Reclaim Your Health, Too! (8 pages;) How I took the Plunge (3 pages;) Breakfast Start the Day Right!; First Courses and Snacks' Soups; Salads; Vegetarian Main Courses; Fish and Seafood Main Courses; Meat and Poultry Main Courses; Vegetable Side Dishes; and Party Day Foods: Treats Big and Small.

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