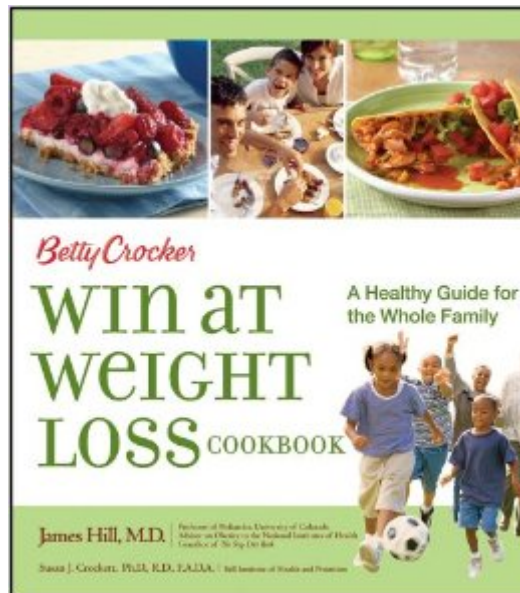


The book was found

Betty Crocker Win At Weight Loss Cookbook : A Healthy Guide For The Whole Family (Betty Crocker Books)



Synopsis

"This book provides simple, achievable tips for how families can take small steps towards improving eating and physical activity patterns for the whole family." --Dr. Don Hensrud, Mayo Clinic

Make weight loss a family affair with a healthy lifestyle and dishes the whole family will love! Team up with Betty Crocker and start winning at weight loss! This comprehensive resource is packed with great ways to help your family eat well and get fit together. You'll learn to build the foundations of a healthy lifestyle and spend time in action instead of in the kitchen with easy, convenient recipes that use everyday ingredients. From breakfast through dinner, you'll discover delicious dishes that are ideal for busy families. You'll find:

- * 140 great recipes, including kid-pleasers like Crunchy Oven French Toast, Nachos in a Bag, Cheeseburger Calzones and Double Chocolate-Peanut Butter Cupcakes--all with 10 grams or less of fat and 20 percent fewer calories than regular recipes*
- Practical nutrition information and guidance on the basics of healthy eating, plus a detailed nutritional breakdown for every recipe*
- Real-life advice from people who have lost weight and kept it off, plus tips from a dietician and suggestions from weight-loss expert Dr. Jim Hill

For more great ideas visit BettyCrocker.com

Book Information

Series: Betty Crocker Books

Hardcover: 264 pages

Publisher: Betty Crocker; 1 edition (November 21, 2005)

Language: English

ISBN-10: 0764596101

ISBN-13: 978-0764596100

Product Dimensions: 9.1 x 0.8 x 10.3 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #1,464,886 in Books (See Top 100 in Books) #296 in Â Books > Cookbooks,

Food & Wine > Special Diet > Whole Foods #2353 in Â Books > Cookbooks, Food & Wine >

Special Diet > Weight Loss #152535 in Â Books > Health, Fitness & Dieting

Customer Reviews

I honestly LOVE this cookbook. It has a lot of pictures of the finished dishes, all of which are easy to fix and don't require weird ingredients. It's a great cookbook to set the kids at the table with and say "hey, YOU guys pick the meals this week". It's THAT good, and you will not be disappointed. The

crockpot section is very good too and will be perfect for during the school year when our family's schedule gets hectic again. My family gives this cookbook the all thumbs up!!

This cookbook has awesome recepies that fill you up! Try the Beef Tortilla Bake, the Chicken Nacho Bake, Cheeseburger Calzones and so much more! Everything I have made from this cookbook has been a winner at my house. My boyfriend is a very picky eater, I am too, and we love these meals! They are so satisfying, low calorie and low in fat. And for the price, it should be a no-brainer. You need this cookbook!

This is a good book for people watching calories or diabetics watching carbs. There are nutrition facts for each recipe and helpful hints throughout the book.

I love the recipes in "Betty Crocker's Win at Weight Loss Cookbook". They're easy to make, simple ingredients and list the amount of time to prepare. The recipes are usually for 4-8 servings, however, only having two people to cook for, we found the left overs are great for other meals. In addition, we're losing a few pounds!

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