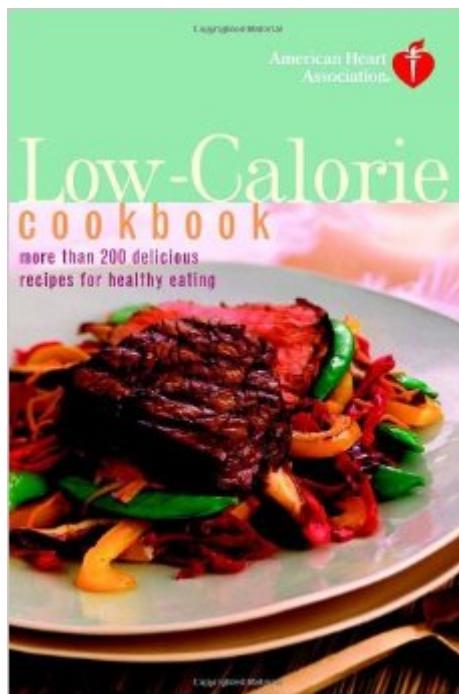


The book was found

American Heart Association Low-Calorie Cookbook: More Than 200 Delicious Recipes For Healthy Eating



Synopsis

Losing excess weight is one of the best ways to reduce your risk of heart disease, stroke, diabetes, and a number of other health problems. And while fad diets may come in and go out of fashion, the best and healthiest way to lose weight and keep it off is to eat fewer calories and increase your physical activity. With the American Heart Association Low-Calorie Cookbook, cutting those calories is simpler than you may thinkâ "and with such delectable recipes to savor, you won't even feel deprived! You'll find more than 200 fabulous recipes, none with more than 500 calories. These recipes along with user-friendly cooking and shopping tips, health and diet information, and nutrient analyses, will be the keys to your success. Whether you want to maintain your already healthful weight, follow a weight-loss program, or lose weight on your own, the American Heart Association Low-Calorie Cookbook will help you reach your goalâ "without losing out on the excitement of great-tasting food.

Book Information

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Customer Reviews

I am extremely pleased with many of the recipes in this cookbook. The cookbook is broken down into appetizers, snacks, and beverages, soups, salads, seafood, poultry, meats, vegetarian entrees, vegetables and side dishes, breads and breakfast dishes, and my favorite...desserts! Every recipe is for 4 servings, but thankfully, the book tells you what is considered 1 serving. 4 servings is FINE since most of the meals can be packaged up and eaten for lunch or dinner the next day. I have

made the beef and broccoli stir-fry, the pineapple meatballs, the shepherd's pie, the apple dumplings, the macaroni and cheese with spinach, and the gnocci with spaghetti sauce. My husband and I were AMAZED with how flavorful the gnocci and the pineapple meatballs were...we absolutely loved these meals! The apple dumplings were delicious, but they were a little challenging to make...the pie filling kept eeking out the sides when I was trying to fold them into triangles like the directions said. The only one I will not make again was the macaroni and cheese with spinach. I could barely taste the low-fat cheddar cheese and I felt like I was just eating cooked noodles and spinach. I work full time and I'm also a graduate student, so you can imagine that I don't have a lot of time to spend in the kitchen. There are recipes in this book that take maybe 15-20 minutes to prepare and cook, such as the pineapple meatballs. The gnocci, obviously, will take longer to make and I recommend that some recipes should be attempted on the weekend and made in bulk since you can devote more time to them. Nonetheless, I am highly impressed with the recipes I have tried in this book! I have used it to keep myself on a 1200 calorie diet and after using it for just a week and a half, I've lost 5 lbs!

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