



Cook Yourself Thin Faster: Have Your Cake and Eat It Too with Over 75 New Recipes You Can Make in a Flash! (Paperback)

By Lauren Deen

Hyperion, United States, 2009. Paperback. Book Condition: New. Original. 229 x 183 mm. Language: English . Brand New Book. From the #1 New York Times Bestselling Series . . . Cook Yourself Thin FASTER Lose Weight without Losing Your Mind! Discover what everyone is talking about: the easiest, most enjoyable way to lasting weight loss. Following the smash hit original comes this brand-new collection of over 75 even easier recipes, plus smart cooking tips and real-life success stories. Finally, a diet to savor . . . Cook Yourself Thin FASTER delivers more mouthwatering low-fat recipes, more skinny alternatives to your cravings, and more quick and easy meals in HALF the time! We know there s hardly ever enough time to cook. With Cook Yourself Thin FASTER you can drop a dress size without sacrificing the foods you love and spend less time in the kitchen so you can enjoy . . . life! Have your cake and eat it too with these delectable recipes: Mini Blueberry Muffins Seven-Layer Dip Pineapple Mojitos Asian Chicken Salad Shrimp and Grits Cheese Fries Carrot Soup with a Kick Flank Steak with Indian Salsa White Pizza with Roasted MushroomsWhat are you waiting for? Cook Yourself...



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