



Eat What You Love--Everyday!: 200 All-New, Great-Tasting Recipes Low in Sugar, Fat, and Calories

Marlene Koch

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“Magician in the kitchen” Marlene Koch is back with the third book in her bestselling “Eat What You Love” series. *Eat What You Love—Everyday!* offers 200 brand-new guilt-free recipes for every day, every occasion—and everyone! No one knows the foods Americans love to eat best, or makes fat, calories, and sugar “disappear” like Marlene. With easy-to-make great tasting recipes, and gorgeous mouthwatering images, *Eat What You Love—Everyday!* is the golden ticket for anyone who wants to eat the foods they love, and still look and feel their best, including those on weight loss or diabetes diets. Includes amazing makeovers from restaurants like Panda Express, Cheesecake Factory, and Starbucks, complete with compelling comparisons (Pasta Carbonara for 335 calories—not 1,440!), special occasion dishes, comprehensive nutritional analysis including Food Exchanges and Weight Watcher plus points comparisons for every recipe, and new options for all-natural, sugar-free sweeteners and glutenfree eating.

Incredible Testimonials from Marlene’s fans:

“I am happy to let you know I have lost 52 pounds and 4 dress sizes due to your wonderful recipes.”

“I have a very picky husband and with each recipe he goes back for seconds! Thank you for making your recipes easy to follow and SO YUMMY.”

“I have lost over 40 pounds since March of this year and my A1Cs have dropped from 9.6 to 6.2 in 6 months.”



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