



The Best Life Diet Cookbook: More than 175 Delicious, Convenient, Family-Friend (Paperback)

By Bob Greene

SIMON SCHUSTER, United States, 2012. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****.A god meal is one of life s great pleasures, but we all know that it can be difficult to choose foods that make us happy and keep us healthy. In his New York Times bestselling book The Best Life Diet, Bob Greene showed more than a million people that you can lose weight and eat delicious food. Now, in The Best Life Diet Cookbook he provides more than 175 recipes that taste as good as they are good for you. With recipes like Flank Steak with Potatoes and Garlic and Sweet-and-Sour Stuffed Chicken, it isn t hard to eat well while shedding pounds. Slimmed-down comfort foods like Sweet Potato with Turkey Hash and Beef Stew with Winter Root Vegetables make family dinners satisfying and healthful. Rotisserie Chicken Salad with Oranges and Pistachios comes together in a snap. Or try one of the recipes contributed by world-class chefs like Charlie Trotter or Suzanne Goin, adapted to fit the Best Life guidelines. Craving something sweet? You won t believe that Pear and Banana Crisp and Apple Pie with Oatmeal Crust are low...



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