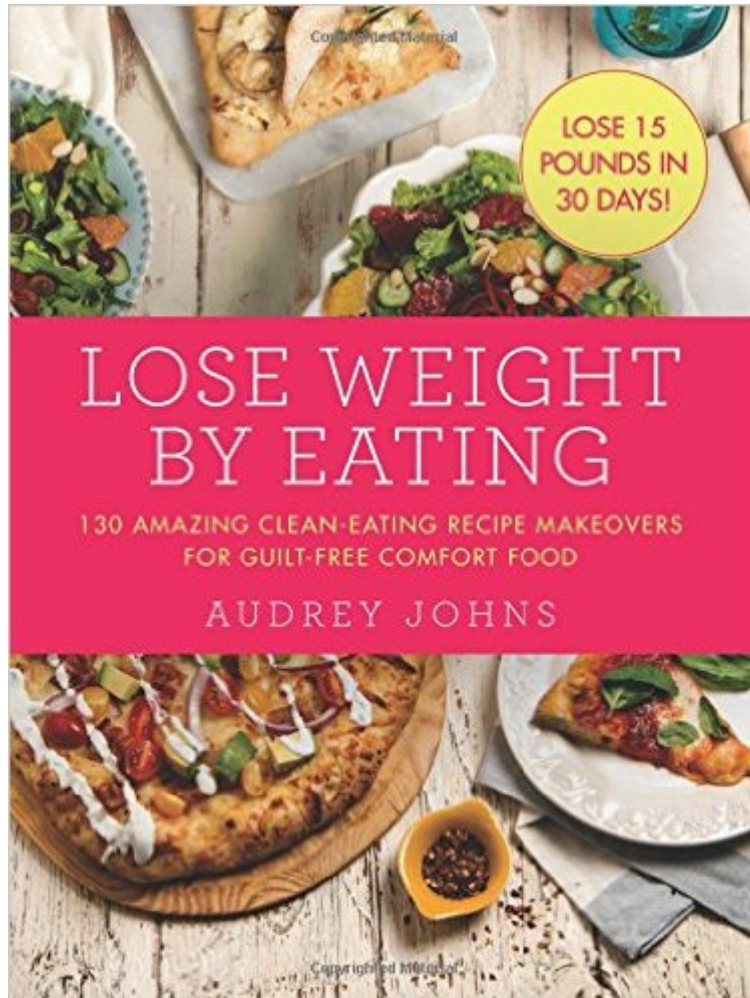


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# Lose Weight By Eating



## Synopsis

Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbookâfeaturing more than 130 clean eating recipes and gorgeous full-color photosâfrom the popular weight loss blogger who lost 150 pounds in eleven months. At 275 pounds, Audrey Johns was unhealthy and unhappyâuntil the day she vowed to give up the âfake foodâ and taught herself to cook her favorites from scratch. Within eleven months, Audrey mastered the kitchen, began to take better care of herself, and lost more than 150 poundsâover half her body weight. Now, Audrey shares her story, insights, and clean eating recipes to help you slim down. Lose Weight by Eating includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, fried chicken, nachos, meatloaf, and cookiesâall bursting with flavor and fewer than 500 calories per serving. Most recipes use simple and inexpensive smart swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and husband-approved. Imagine losing eight to sixteen pounds the first week and fifteen to twenty-five pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake bars! Lose Weight by Eating lets you enjoy these delights and more, such as âJelly Doughnutâ • French Toast, California Club Pizza, Whole Roasted Chicken with Potatoes and Onions, Veggie Packed Lasagna, Cheddar Stuffed Turkey Burgers, Chocolate Peanut Butter Dip with Fruit, and Skinny Cheesecake with Raspberry Drizzle. Audrey also provides a handy six-week meal plan and weight loss tips to keep you motivated. Lose Weight by Eating is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every dayâand still shed those unwanted pounds.

## Book Information

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## Customer Reviews

I preordered my copy of Lose Weight by Eating a day early (Thank you, !) and stayed up late planning for my week of meals. So far I've made the jalapeno poppers (I made those after she included them in a recipe column for VINO magazine, which I was the editor of at the time), blue cheese buffalo burgers, oatmeal and tomatoe basil mozzarella panini, as well as several of the smoothie recipes from the website. My household has a number of food restrictions or limitations--my daughter cannot have gluten or dairy, no gluten for me and my dad is adversed to eating gluten- or dairy-free and has trouble with food that's different from what's he ate for the last 40 years in the MidWest. The buffalo burgers went over well, I subbed regular buns for gluten-free and left out the cheese for my daughter. None of us had ever had buffalo meat and we all very much enjoyed them and will have them again. I have read through nearly every recipe and find that they are all easy to make gluten-free and fairly easy to make dairy-free (my daughter doesn't miss cheese from recipes as much as I do, so some recipes I'm not sure I could make dairy-free and not lose the intended taste, but that's mostly just the mac and cheese), but that's OK. I'm excited to have a cookbook full of recipes that either fit our diet or are easily modified and Audrey includes tips for modifying recipes for different restrictions/diets (such as vegetarian and gluten-free) and people's personal tastes. I enjoy how relatable Audrey is--she's been there and understands. As someone who knows how to eat healthy, and often does, but gets busy or tired, which leads to the weight going back on, I'm excited to have a book full of recipes that are meant to be delicious AND take the weight off.

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