



# **Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories**

*Marlene Koch*

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# Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories

Marlene Koch

**Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories** Marlene Koch

## Delectable guilt-free fare—in a flash!

In her bestselling *Eat What You Love* series, Marlene Koch has proven that better-for-you can mean even better tasting—but now it also means quicker and easier than ever! *Eat What You Love: Quick & Easy* includes everything you love from Marlene—amazing “Dare to Compare” restaurant makeovers, satisfying portions, and gluten-free and all-natural sugar substitute options, along with over 180 all-new recipes that are:

**QUICK:** Most dishes can be ready and on the table in 30 minutes or less! Breakfast is a breeze with 5-Minute Breakfast Pizzas, family suppers a snap with hearty 20-minute Good ‘n Easy Turkey Chili, and entertaining fun with Sheet Pan Salmon and Easy Apple Pie Squares.

**EASY:** You’ll be amazed at how little effort it takes to make 3-Ingredient Chocolate Caramel Biscuit Donuts, crunchy Teriyaki Fried Chicken, or the Easiest-Ever Blueberry Pie.


**HEALTHY:** Every recipe is low in sugar, fat, and calories so everyone can enjoy decadent tasting dishes like Loaded Philly Cheesesteaks, Deep Dish Skillet Pizza, and Cherry-Topped Cheesecake Cupcakes.

**TASTY:** Satisfy your cravings faster, and healthier, right at home! Marlene’s “Fried” Macaroni and Cheese, Quesadilla Burgers, and Fuss Free Fajitas will have the entire family begging for more!

### Also Inside:

- An entire chapter of quick and easy no-bake desserts (that average just 150 slim calories!).
- Recipes for make-your-own better-for-you dressings, spice mixes, and sauces—to save you money and kick every meal up a notch.
- Marlene’s all-new “Quick and Easy Kitchen” guide to help you effortlessly cook up meals in no time fl at: including equipment and pantry lists and a special section for cooking for two (or just you!).
- Nutrition information plus diabetes exchanges and Weight Watcher plus point comparisons for every recipe.

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In this age globalization it is important to someone to find information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. The actual book that recommended to you is Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories this reserve consist a lot of the information from the condition of this world now. This book was represented how do the world has grown up. The words styles that writer make usage of to explain it is easy to understand. The actual writer made some research when he makes this book. That is why this book suited all of you.

#### **Gerard Norman:**

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