



# **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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#### **Arthur Lee:**

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Can be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories can be very good book to read. May be it might be best activity to you.

#### **William Powell:**

The actual book Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories has a lot info on it. So when you make sure to read this book you can get a lot of gain. The book was written by the very famous author. Mcdougal makes some research before write this book. This specific book very easy to read you will get the point easily after reading this book.

#### **Agatha Draper:**

The book untitled Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories contain a lot of information on that. The writer explains your girlfriend idea with easy means. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read this. The book was published by famous author. The author will bring you in the new era of literary works. You can read this book because you can keep reading your smart phone, or product, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site along with order it. Have a nice read.

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