



# **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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#### **Jacqueline Thompson:**

In this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become certainly one of it? It is just simple approach to have that. What you must do is just spending your time almost no but quite enough to get a look at some books. Among the books in the top record in your reading list will be Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat,

and Calories. This book that is certainly qualified as The Hungry Slopes can get you closer in getting precious person. By looking way up and review this e-book you can get many advantages.

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