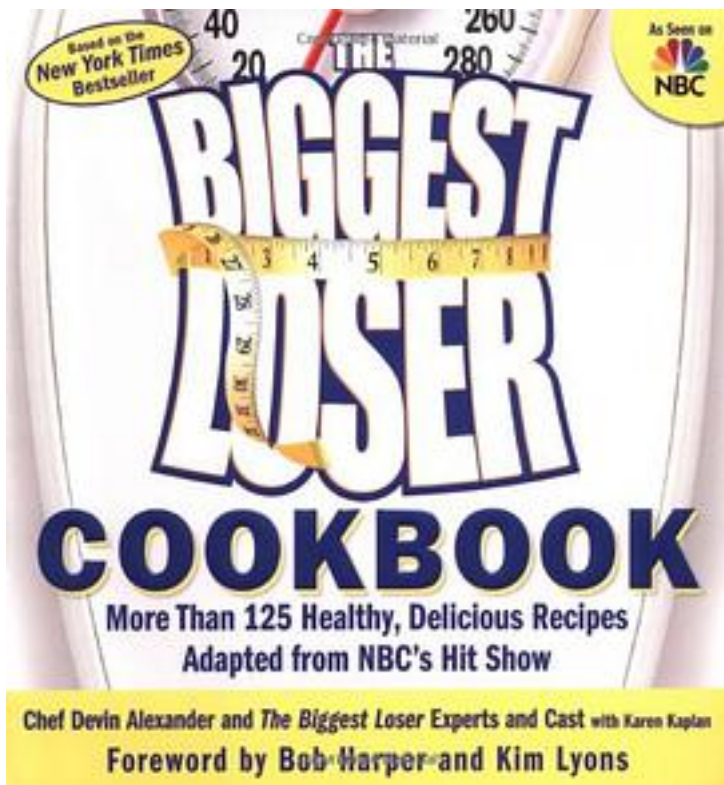


# The Biggest Loser Cookbook



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著者:Devin Alexander

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More Than 125 Healthy, Delicious Recipes From The Biggest Loser Experts and Cast--As Seen On NBC's Hit Show

By The Biggest Loser experts and cast

Building on the groundbreaking success of The Biggest Loser brand, this sequel to last year's best-selling book is sure to be a hit

The Biggest Loser Cookbook offers:

125 recipes from The Biggest Loser cast, trainers, and fans

motivational before-and-after photographs of the cast

50 beautiful 4-color food shots

dozens of trainer tips from The Biggest Loser trainers

inspiring stories of how the cast members did it

at-a-glance guides to The Biggest Loser Diet and The Biggest Loser Exercise plan

Armed with this arsenal of nutritional information and training tips, readers will be inspired to achieve the dramatic weight loss transformations that have amazed TV fans around the country.

作者介绍:

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