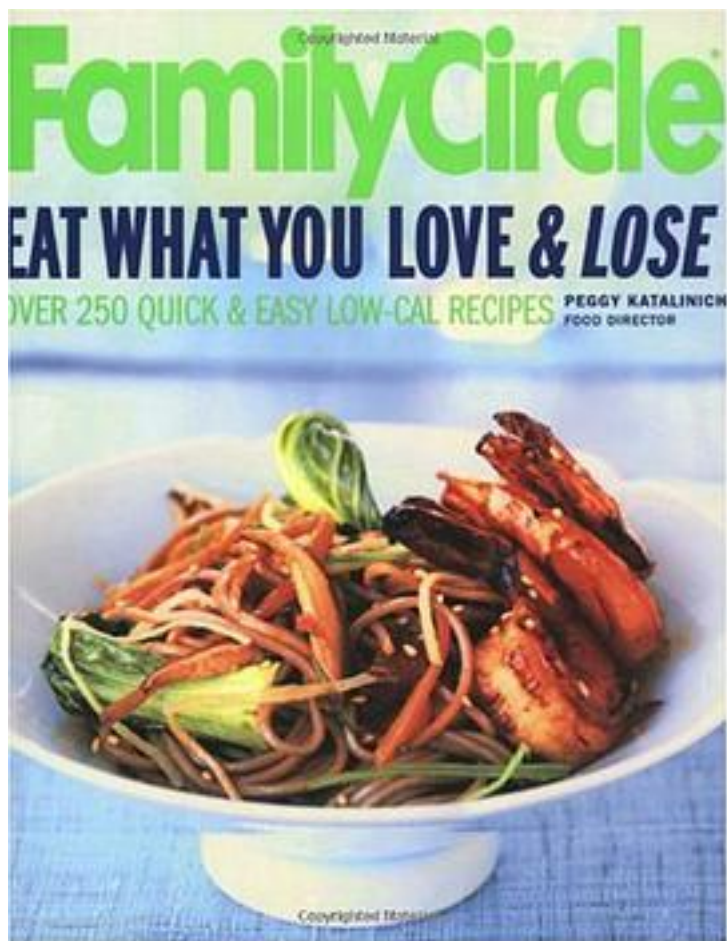


Family Circle Eat What You Love & Lose



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What happens when six dedicated foodies who are paid to eat need to lose weight? After years of cooking and tasting as many as ten different dishes a day, the staff of the test kitchen joined that majority of Americans who want to lose anywhere from 10 to

30 pounds. So the test-kitchen team went on a 15-week diet and the results were amazing: Every single team member met or exceeded her or his weight-loss goal. Now, on the Eat What You Love & Lose plan, you'll benefit from their experience and wisdom with a sensible 14-day program and more than 250 fast and fabulous recipes that get the best flavor out of every calorie. Because the plan is so flexible, it's easy to follow. And because the recipes are so delicious, you'll never feel deprived. All of the main dishes weigh in with fewer than 350 calories -- most with substantially less -- and all of the desserts contain fewer than 200 calories. Enjoy these and many other tasty dishes and watch the pounds melt away!

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