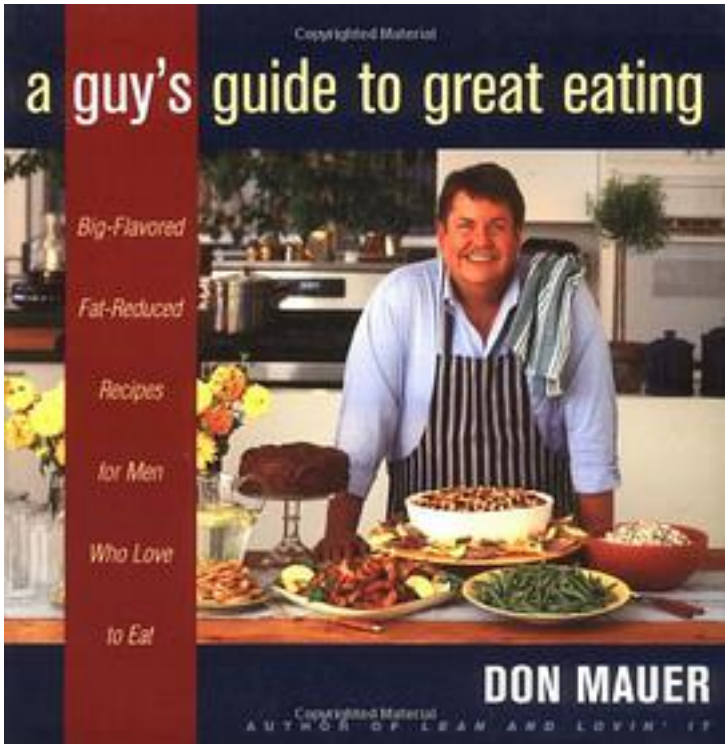
A Guy's Guide to Great Eating



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著者:Mauer, Don

出版者:Houghton Mifflin

出版时间:1999-5

装帧:Pap

isbn:9780395915363

From the author of the spectacularly successful "Lean and Lovin' It", a brawny collection of big-flavored, fat-reduced recipes for men who love to eat. A once overweight guy who never met a food he didn't love, Don Mauer learned the hard way that most low-fat cookbooks don't appeal to meat-and-potatoes taste buds and come with skimpy portions that may work for New York fashion models but leave men hungry. This cookbook is different, written for men by a real guy with a big appetite. The 175 easy-to-make recipes - Smokin' Chili Pepper Cheeseburgers, Seemingly Sinful Fat-Free Roasted Garlic Whipped Potatoes, Chocolate Chocolate-Chip Pie, Fresh

Blueberry Cobbler - are based on Mauer's own favorites. The guy-sized portions get 20 percent or less of their calories from fat, and each recipe comes with a full nutritional analysis, including the amount of saturated fat. "A Guy's Guide to Great Eating" will end the arguments in the kitchen between men who insist on eating what they love and the people who love them.

作者介绍:

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