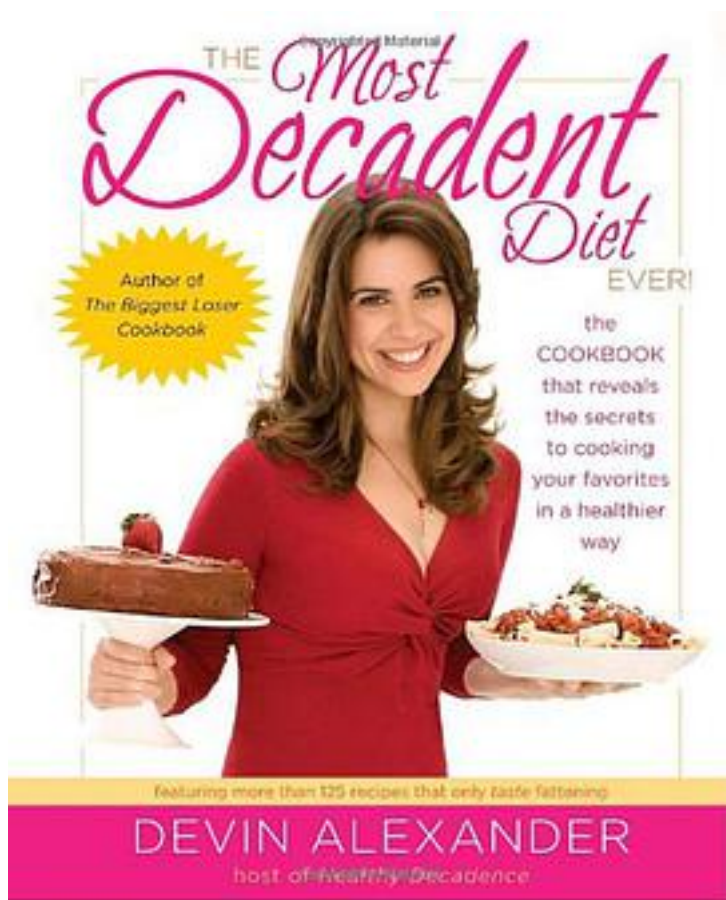


The Most Decadent Diet Ever!



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Devin Alexander, author of the New York Times bestseller, *The Biggest Loser Cookbook*, lets you have your cake and lose weight, too, with sinfully tempting — yet amazingly healthy — recipes for America's all-time favorite foods. Chef and former L.A. caterer Devin Alexander has maintained a fifty-five-pound weight loss for over sixteen years by

transforming the dishes she and millions of other Americans love best into guilt-free (yet still outrageously mouth-watering) indulgences--Rigatoni with Meat Sauce, BBQ Bacon Cheeseburgers, Eggplant Parmesan, Sinless Yet Sinful Sticky Buns, and even Dark Chocolate Layer Cake with Chocolate Buttercream Frosting.

These simple-to-prepare recipes for the kind of delectable dishes people crave but feel they can't eat when trying to be healthy and trim, actually can be the basis of a personal weight-loss plan. They can also be a way to add "off-limit" foods back into an already successful diet. Or they can simply be part of an exciting new way to eat healthfully — and with pleasure.

In *The Most Decadent Diet Ever!* Devin Alexander proves that even the most decadent dishes — Chipotle Chili with Blue Cheese Crumbles, "Fried" Jumbo Shrimp, Super-Stuffed Steak Soft Tacos, Fettu-Skinny Alfredo, Godiva Brownie Sundaes, and Chocolate Chip Pancakes — can lead to weight loss, good health, and carefree enjoyment.

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