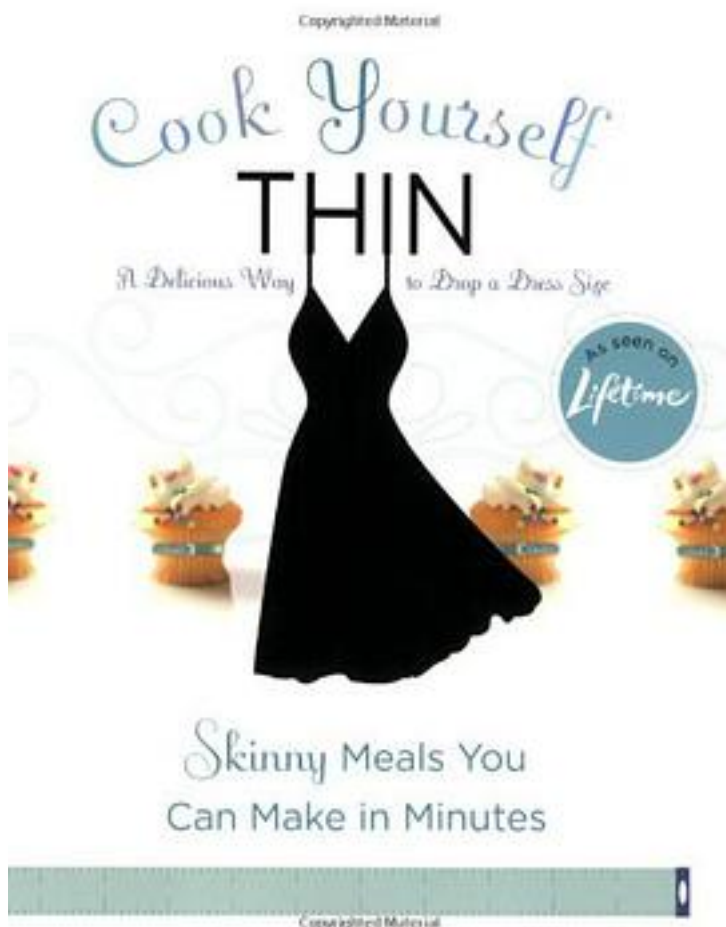


# Cook Yourself Thin



[Cook Yourself Thin\\_下载链接1\\_](#)

著者:Lifetime Television

出版者:Hachette Books

出版时间:2009-4-28

装帧:Paperback

isbn:9781401341138

Lose weight without losing your mind!

Cook Yourself Thin is a healthy, delicious way to drop a dress size without all the gimmicks. The ladies of "Cook Yourself Thin," a new Lifetime reality show, offer 80 easy, accessible recipes in this companion cookbook that teaches readers how to cut calories without compromising taste. For some of us, losing weight has always been a struggle. The challenge: figuring out how to cook healthy, low-fat foods that won't leave you hungry, bored, or running for a gallon of ice cream! Cook Yourself Thin shows how to cut calories, change diets, and improve health without sacrificing the foods we love. Cook Yourself Thin is not a fad diet. It gives skinny alternatives to your cravings. You can't live without your chocolate cake or mac 'n' cheese? You don't have to! (See Deep Dark Chocolate Cake, page 197.) There's never enough time to cook? Cook Yourself Thin keeps it simple—with easy instructions and fun recipes you'll want to make again and again. What are you waiting for? Cook Yourself Thin!

作者介绍:

目录:

[Cook Yourself Thin\\_下载链接1\\_](#)

标签

美食

评论

-----  
[Cook Yourself Thin\\_下载链接1\\_](#)

书评

Lose weight without losing your mind! Cook Yourself Thin is a healthy, delicious way to drop a dress size without all the gimmicks. The ladies of "Cook Yourself Thin," a new Lifetime reality show, offer 80 easy, accessible recipes in this companion cookbo...

-----

[Cook Yourself Thin\\_下载链接1](#)