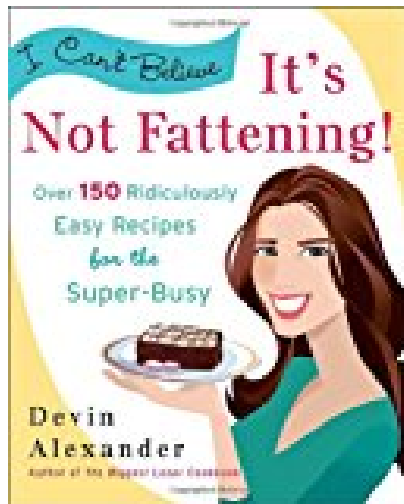


# I Cant Believe Its Not Fattening! Over 150 Ridiculously Easy Recipes for the Super Busy

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## BOOK DETAILS

- Author : Devin Alexander
- Pages : 240 Pages
- Publisher : Clarkson Potter
- Language : English
- ISBN : 0767931572

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## **BOOK SYNOPSIS**

From the New York Times Bestselling author of The Biggest Loser cookbooks: amazingly simple, super-speedy, and decadent recipes that taste sinful but are 100 percent guilt-free Devin Alexander lives by the motto that "twenty minutes in the kitchen can save you 3 hours on the treadmill!" The chef and author of The Biggest Loser Cookbook has maintained a weight loss of fifty-five pounds for almost twenty years by transforming the decadent dishes that we all crave into fantastic lo-cal indulgences. Now, she shows us how to make those mouthwatering favorites in mere minutes. Because—lets face it, we want what we want and we want it NOW! With simple, super easy-to-follow recipes for delectable dishes such as Unbelievable Easy Chicken Parmesan, Carmelized Apple Buuter-Topped Pork Chops, Bacon Cheeseburger, and even a Peppermint Brown "Pizza," you can now whip up fantastic, slimming meals in the time it would take to go through the drive-thru. From the Trade Paperback edition.

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