



Lose Weight by Eating

Audrey Johns

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Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbook—featuring more than 130 clean eating recipes and gorgeous full-color photos—from the popular weight loss blogger who lost 150 pounds in eleven months.

At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food” and taught herself to cook her favorites from scratch. Within eleven months, Audrey mastered the kitchen, began to take better care of herself, and lost more than 150 pounds—over half her body weight.

Now, Audrey shares her story, insights, and clean eating recipes to help you slim down. *Lose Weight by Eating* includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, fried chicken, nachos, meatloaf, and cookies—all bursting with flavor and fewer than 500 calories per serving. Most recipes use simple and inexpensive smart swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and husband-approved.

Imagine losing eight to sixteen pounds the first week and fifteen to twenty-five pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake bars! *Lose Weight by Eating* lets you enjoy these delights and more, such as “Jelly Doughnut” French Toast, California Club Pizza, Whole Roasted Chicken with Potatoes and Onions, Veggie Packed Lasagna, Cheddar Stuffed Turkey Burgers, Chocolate Peanut Butter Dip with Fruit, and Skinny Cheesecake with Raspberry Drizzle. Audrey also provides a handy six-week meal plan and weight loss tips to keep you motivated.

Lose Weight by Eating is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every day—and still shed those unwanted pounds.

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From reader reviews:

Kathleen Allen:

Now a day people who Living in the era everywhere everything reachable by match the internet and the resources included can be true or not call for people to be aware of each info they get. How people have to be smart in having any information nowadays? Of course the reply is reading a book. Studying a book can help individuals out of this uncertainty Information specifically this Lose Weight by Eating book as this book offers you rich facts and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it as you know.

Heather Jones:

Hey guys, do you would like to finds a new book to learn? May be the book with the headline Lose Weight by Eating suitable to you? The actual book was written by popular writer in this era. The actual book untitled Lose Weight by Eating is the main one of several books which everyone read now. This kind of book was inspired many people in the world. When you read this reserve you will enter the new dimension that you ever know prior to. The author explained their concept in the simple way, therefore all of people can easily to recognise the core of this publication. This book will give you a large amount of information about this world now. So you can see the represented of the world in this book.

Geraldine Bagley:

This Lose Weight by Eating is great book for you because the content and that is full of information for you who else always deal with world and have to make decision every minute. That book reveal it details accurately using great coordinate word or we can point out no rambling sentences in it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but challenging core information with attractive delivering sentences. Having Lose Weight by Eating in your hand like keeping the world in your arm, details in it is not ridiculous a single. We can say that no reserve that offer you world with ten or fifteen moment right but this e-book already do that. So , this is certainly good reading book. Hey there Mr. and Mrs. active do you still doubt this?

Emily Boyd:

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