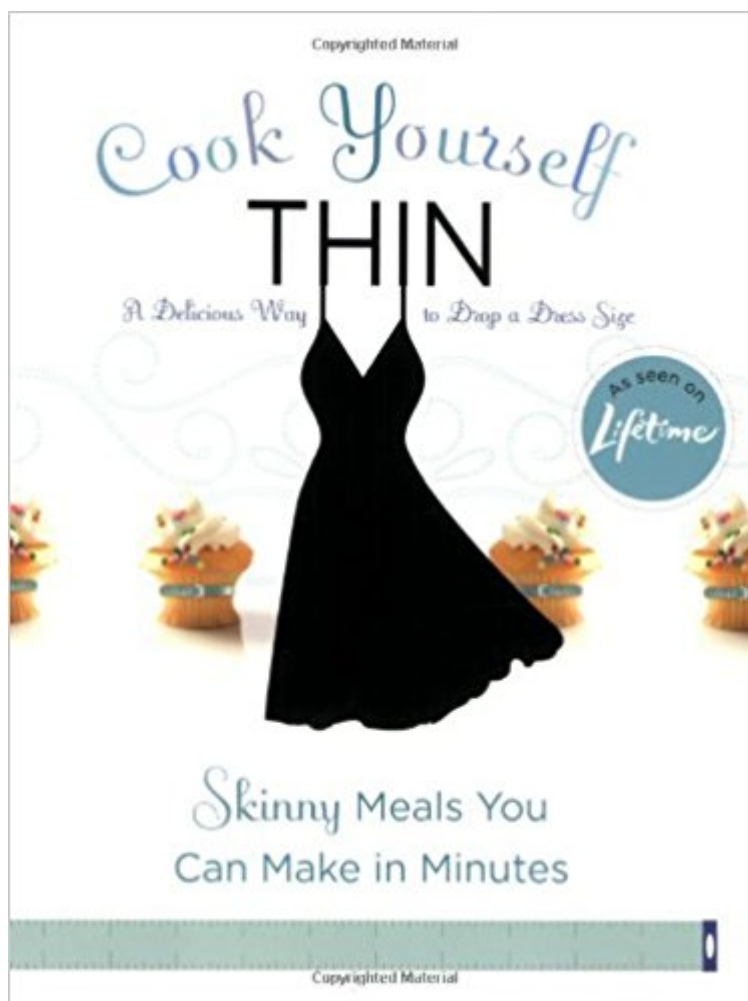


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# Cook Yourself Thin: Skinny Meals You Can Make In Minutes



## Synopsis

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!

## Book Information

Series: Voice

Paperback: 240 pages

Publisher: Hachette Books; 1 edition (April 28, 2009)

Language: English

ISBN-10: 1401341136

ISBN-13: 978-1401341138

Product Dimensions: 7.2 x 0.6 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 420 customer reviews

Best Sellers Rank: #123,448 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #103 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #358 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

## Customer Reviews

Lauren Deen is a multiple Emmy Award-winning lifestyle producer and director for Martha Stewart, Bobby Flay, Food Network, Food & Wine, Walmart, and Condé Nast. She is also the co-executive producer of Cook Yourself Thin (Tiger Aspect/IMG/Lifetime Television). Lauren is the author of Kitchen Playdates (Chronicle 2007) and the coauthor of the New York Times bestseller Cook Yourself Thin. A Blue-Ribbon graduate of Peter Kump's New York Cooking School (now ICE),

Lauren lives in Brooklyn with her husband and two young children.

This book has good recipes that are worth trying. Some are intriguing like the Portobello Benedict. Some of the diet information may be outdated in light of recent diet studies and many of the recipes may not be suitable for people following gluten free lifestyles. But overall, an enjoyable read.

I decided to buy this book after watching the TV show, and I'm so glad that I did. Making these changes has helped me lose weight and feel better! What I really like about this cookbook is that it's comprised of more than just recipes. The book begins with a breakdown of their philosophy. It analyzes what type of eater you are and the problems that this will cause you on your road to weight loss. The book gives you a simple calculation to determine what your daily caloric intake should be in order to get to your ideal weight. It then talks about dietary swaps. It's not about giving foods up -- it's about making smart substitutions. You can eat your chocolate cake, but there are several things you have to do differently in the baking process. Then it gives you an actual list that shows you the "bad" ingredients and the "good" ingredients that you can use as substitutions. I've cooked up a LOT of these recipes, and I can't taste the difference between the healthier dish and my old, fattening one. In fact, a lot of them actually taste better! They've published another book: *Cooking Yourself Thin Faster*. It's another collection of yummy recipes, and it's definitely worth buying.

My mom and I started watching this show on hulu, and got really excited about it! At first, we were printing the recipes from their web page; but I was using them so often that I decided I wanted the cookbooks, and I am not sorry I bought them! Tonight we made the steak and cauliflower 'mashed potatoes.' So amazingly tender and delicious! Mom and I couldn't believe the flavor and tenderness we got from that \$8 steak! I feel like they have told me all the little secrets to eating well while not eating high calorie foods. I plan on continuing to make meals this way-Lasagna will always be layered with less cheese, more veggies and herbs and still be amazingly delicious. My girls will grow up thinking that's the only way to make lasagna! We love the cheezy Chicken parmesan with zucchini 'pasta' !!! wow! The mushroom and spinach quiche with potato crust...the only way to eat quiche! Turkey chili crunch (packed with carrots, I added more chili seasoning for my taste). Spinach and mushroom veggie lasagna (totally satisfying, and no meat!). Ultimate sausage cheese pizza (tried with all different toppings and tons of veggies). chicken tetrazzini (use up your leftovers in this easy classic, no canned soup allowed). Don't forego dessert, just do it smart. We love: Vanilla Cupcakes (with whole wheat flour) Red velvet cupcakes (my husband hates beets, but loves

these!)Chocolate brownie with raspberries and white chocolate chips.(I chopped up strawberries)Carrot cake(my mom said it's the best she's ever had, and she orders it often)That's all we have tried so far...I'm becoming confident that we will be happy with each and every one.The one complaint I have is that it often requires many pots and pans and several cooking techniques in order to complete one meal. It can add up to quite a pile of dishes, but I just figure I'm burning calories during the clean-up!p.s. I have dropped a dress size in about 6 weeks!p.s.s buy Cook yourself thin faster, and start with Coconut chicken and tropical salsa

Love these books. I saw the tv show and I bought two. One for my friend. Great ideas and taste. I am always looking for a way to have great tasting food that is actually good for me and my waste line. My friend is also very happy with her book.

I have prepared many (most) of the recipes in this book. What I did like about it is most of the things I tried were really good. What I didn't like about it was the amount of prep time involved in a lot of it. When I get home from work after being gone for 11-12 hours, I don't much feel like cooking for 1-2 hours before I eat dinner. There are some errors in the cookbook, like it will give you ingredients but never tell you when to add them in the instructions or it will have the wrong amounts. I think they needed a better editor. If you know how to cook, you can spot the errors and correct them. Also, these recipes involve multiple bowls for preparation and there's a lot of dishes to wash when you finish.One of my faves for breakfast were the lemon poppyseed muffins, I make them up on Sunday then you have about a dozen to eat for the rest of the week. Hopefully you will have someone to help you eat all of those because I end up throwing several away later in the week. I think it gives you good basic ideas on where and how to cut your calories without losing the meals that you crave.

I originally purchased this book after watching the show in 2009 when it first came out. I have cooked the majority of recipes in this book and over 90% of them I make over and over again. I've used the book so much that I had to purchase another one because the binding isn't all that great and my pages are now falling out. That's my only complaint, but other than that these recipes are great!

Great recipes and still am watching reruns on tv

I liked the TV program, but there are too many "unusual" ingredients that are difficult to find, if at all, in the Chicago area... and we have A LOT!

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