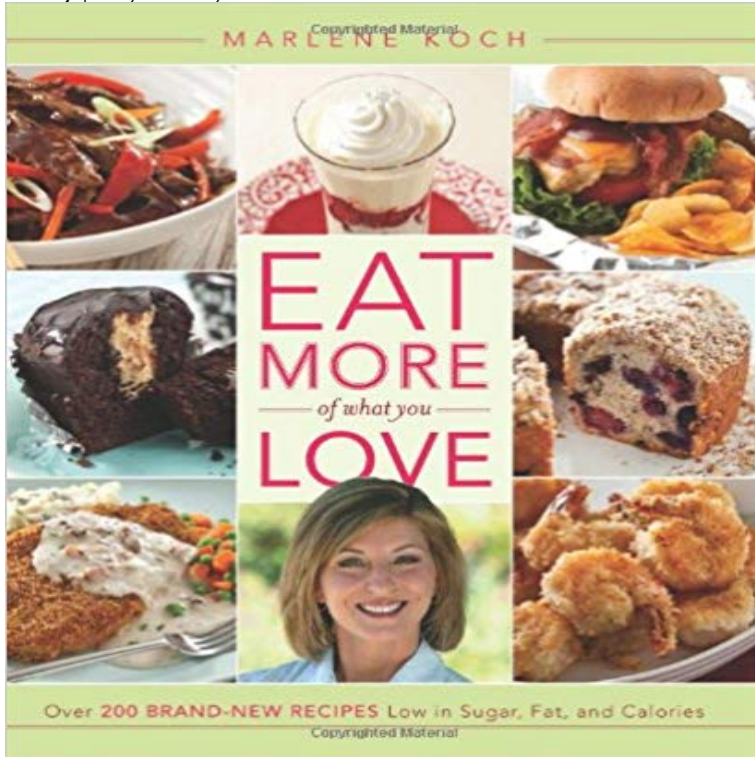


# Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories



The hardest foods to give up are the ones you love best - but Marlene Koch says, you don't have to! Marlene Koch, author of the bestselling cookbook *Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat and Calories*, has been dubbed a magician in the kitchen when it comes to slashing sugar, calories and fat, but never great taste - and here she delivers with over 200 brand-new super satisfying guilt-free recipes (under 350 calories!) that everyone will love! From Mile High Meatloaf and Chicken Fried Steak with Cream Gravy to Stuffed Black and Blue Steak Burgers to Pizza Pasta Pie and Red Velvet Cupcakes, whether the foods you love are creamy, cheesy and fried, or fresh and fit, you'll find them here - not only healthier - but more delicious than ever! Here Marlene delivers more; more comfort foods like Sour Cream and Onion Smashed Potatoes and quick and easy Macaroni and Cheese Muffins, more restaurant classics like Chicken Fettucine Alfredo (330 calories versus the usual 1,400!!) and P.F. Chang-Style Mongolian Beef, more slow cooker recipes like Lazy Day Lasagna, more quick and easy recipes like 15-Minute Shrimp Fettucine and Quick-Fix Carmelized Onions, and LOTS more desserts including her Amazing Pecan Pie Cups (with under a teaspoon of sugar in each!), Raspberry Oat Bars, and 90-Calorie Chocolate Cupcakes. Marlene's quick and easy, fool-proof recipes are perfect for everyone and every diet! Every recipe comes with complete nutrition information including WEIGHT WATCHER POINT COMPARISONS, DIABETIC EXCHANGES AND CARB CHOICES making *Eat More of What You Love* the perfect companion for weight loss and diabetes diets. Brand-new to this edition you'll also find more options than ever for sweeteners, gluten-free eating, and delicious guilt-free menus. Dare to Compare: Whoa cupcake! A Peanut Butter

Cup Chocolate Cupcake from the cupcake bakery clocks in with over 500 calories and over 2 days worth of sugar. Marlenes Ooey Gooney Peanut Butter Stuffed Chocolate Cupcakes have just 160 calories and 2 teaspoons of sugar!

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More of What You Love : Over 200 Brand-New Recipes Lo 11. \$12.46. Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories by Eat What You Love (QVC pbk): Marlene Koch: 9780762451531 Editorial Reviews. Review. Breathe magazine This magical cookbook features incredible Kindle Edition. \$16.99. Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Marlene Koch . I like the fact that there are low calorie, low carb, and low fat meals to choose from. What also is great is that the