



**The Biggest Loser Flavors of the World Cookbook:
Take your taste buds on a global tour with more
than 75 easy, healthy recipes for your favorite
ethnic dishes**

The Biggest Loser Experts and Cast, Devin Alexander, Melissa Roberson

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Pizza. Huevos Rancheros. Pad Thai. Enchiladas. Some of America's most-craved foods aren't "American" in the traditional sense—they're the international foods we love to order at restaurants or have delivered to our homes. But most renditions of these beloved ethnic dishes are full of fat and calories. How can dieters get the flavor they crave, without buying one of those reduced-calorie frozen meals that are full of salt and other preservatives?

Now, with *The Biggest Loser Flavors of the World Cookbook*, they can have their lasagna and eat it too! With more than 75 recipes for favorite ethnic staples as well as legendary regional American cuisine created by Chef Devin Alexander and The Biggest Loser contestants, healthy eating has never been more exciting.

Readers will discover how former contestants reinvented favorite dishes from their own cultures and regions to fit into their healthy new lifestyle, and will learn how to cut the calories and fat from America's most-loved ethnic foods. And Chef Devin Alexander's reliably decadent creations save both money and calories, as any of these dishes can be made at home for a fraction of the cost of a restaurant or take-out meal.

The book will include recipes for meals, snacks, dinners, and desserts, and will cover a wide range of cuisines, from the down-home Southern classics to delicious Asian dishes, Mexican favorites, hearty Italian meals, and many others. The book will also include cooking tips from Chef Devin, weight loss advice from the contestants and trainers, and an overview of the Biggest Loser food plan.

The Biggest Loser Flavors of the World Cookbook will show readers how to expand their culinary horizons—without expanding their waistlines!

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Jonathan Gomes:

Reading can called brain hangout, why? Because while you are reading a book particularly book entitled The Biggest Loser Flavors of the World Cookbook: Take your taste buds on a global tour with more than 75 easy, healthy recipes for your favorite ethnic dishes your brain will drift away trough every dimension, wandering in most aspect that maybe unidentified for but surely will become your mind friends. Imaging just about every word written in a e-book then become one application form conclusion and explanation this maybe you never get ahead of. The The Biggest Loser Flavors of the World Cookbook: Take your taste buds on a global tour with more than 75 easy, healthy recipes for your favorite ethnic dishes giving you another experience more than blown away your brain but also giving you useful info for your better life with this era. So now let us present to you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary spending spare time activity?

June Weiss:

This The Biggest Loser Flavors of the World Cookbook: Take your taste buds on a global tour with more than 75 easy, healthy recipes for your favorite ethnic dishes is great publication for you because the content which can be full of information for you who have always deal with world and get to make decision every minute. This particular book reveal it details accurately using great arrange word or we can claim no rambling sentences included. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but difficult core information with beautiful delivering sentences. Having The Biggest Loser Flavors of the World Cookbook: Take your taste buds on a global tour with more than 75 easy, healthy recipes for your favorite ethnic dishes in your hand like finding the world in your arm, details in it is not ridiculous just one. We can say that no guide that offer you world in ten or fifteen moment right but this book already do that. So , this can be good reading book. Hey Mr. and Mrs. active do you still doubt this?

Scott Lowe:

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