



**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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Ellis Cook:

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Marla Brinker:

Spent a free time to be fun activity to try and do! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled 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 can be great book to read. May be it is usually best activity to you.

Danny Floyd:

A lot of people always spent their free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a guide. The book 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 it is quite good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to bring this book you can buy the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book possesses high quality.

Hattie Adkins:

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 can be one of your basic books that are good idea. All of us recommend that straight away because this e-book has good vocabulary which could increase your

knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The copy writer giving his/her effort to set every word into pleasure arrangement in writing 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 yet doesn't forget the main place, giving the reader the hottest as well as based confirm resource facts that maybe you can be among it. This great information can easily drawn you into new stage of crucial pondering.

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