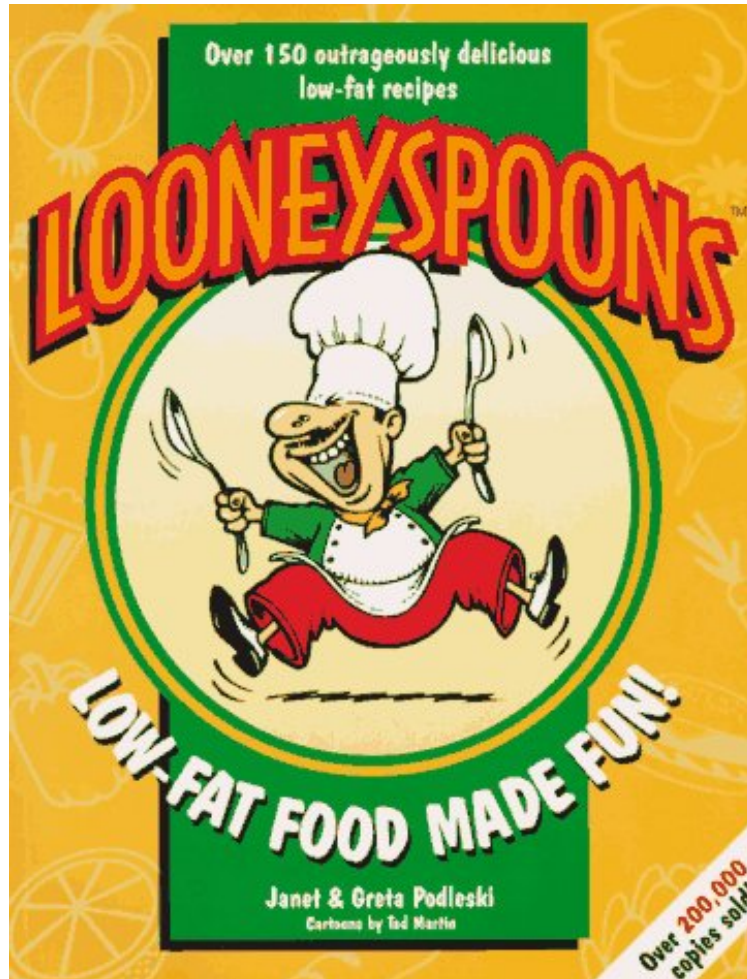


[Pdf free] Looneyspoons: Low-Fat Food Made Fun!

Looneyspoons: Low-Fat Food Made Fun!

Janet Podleski, Greta Podleski
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#393097 in Books 1997-09-03 1997-09-03 Original language: English PDF # 1 11.00 x 8.75 x .501, #File Name: 096806311X192 pages Who says low-fat food has to be tasteless, unappealing, and boring? | File size: 58.Mb

Janet Podleski, Greta Podleski : Looneyspoons: Low-Fat Food Made Fun! before purchasing it in order to gage whether or not it would be worth my time, and all praised Looneyspoons: Low-Fat Food Made Fun!:

38 of 40 people found the following review helpful. Low in fat - loaded with fun - the best cookbook I own! By A Customer This cookbook is full of fabulous recipes that are made from easily obtainable ingredients. The directions are understandable and the finished product tastes terrific. The pages are well designed and filled with interesting tidbits of info about food and thier fat contents. The illustrations really set the humorous tone. It's actually fun to just get the book out to read it even when I don't feel like cooking. Once you make the recipes you won't believe they're low fat! An outstanding book. I can't wait for the next one. 30 of 30 people found the following review helpful. I have lost 73 pounds, and am still going! By D. Scott This book, and its companion Crazy Plates, are fantastic. Partly with the help of these two books, I have been able to lose 73 pounds since last Christmas (OK, I had a lot to lose! :) The recipes are

more delicious than I thought possible - even preferable to "regular" recipes! My favorite from this book is the outstanding breakfast omelette recipe. It tastes great, and is extremely simple to make. I could not believe how much of this dish I could eat and still stay legal! A nice feature of the book is that every recipe has the fat and calorie information listed clearly at the bottom by portion. Take it from a big eater, the portions are generous. We have even lowered the fat and calorie content of several of the dishes in the book ourselves, substituting things like fat free chicken broth instead of standard chicken broth, I Can't Believe It's Not Butter Free for butter, egg substitutes for eggs, and black tiger shrimp (less fat and calories) for regular pink shrimp. Even though I have lost 73 pounds, I have a good bit more to go, with maintenance after that. This book will have a welcome place in our kitchen for years to come! 0 of 0 people found the following review helpful. Wonderful book, informative and funny By Gary T. Product received on time and as described. Wonderful book, informative and funny.

Who says low-fat food has to be tasteless, unappealing, and boring? No "weigh"! Looneyspoons is a refreshingly unique low-fat cookbook with a spunky personality that's destined to make you look at healthful eating in a different "light". Using an innovative and somewhat wacky presentation style to take the intimidation and confusion out of healthful eating, sisters Janet and Greta Podleski show you how to make it easy and fun! With over 300 cartoons, plenty of humor, bite-sized chunks of useful lifestyle information, the Podleski sisters put aside their Sizzling Rivalry (their fantastic chicken and potato recipe) and show you how to prepare such fascinating dishes as: Manicotti Overboard Chili Chili Bang Bang Chip Chip Hooray! Sinnamon Apple Muffins Miss American Thigh Jurassic Pork Roast Looneyspoons is more than just a cookbook. Janet and Greta share useful, common-sense strategies to help you adopt and maintain a healthy lifestyle. You'll learn how to make smarter food choices at home, at the grocery store, and at restaurants. So Hail a Cabbage or Say "Cheesecake". Either way, just get looney and indulge yourself in a hefty serving of laughter healthy living has never been so much fun! About the Authors Janet and Greta Podleski put everything into this book literally. They quit their jobs, sold their cars, and Janet even parted with her wedding dress at a yard sale (she did keep her husband). With support and advice from Dave Chilton (author of The Wealthy Barber), the Podleski sisters and Looneyspoons are well on their way to impacting millions of North Americans' eating habits and funny bones.

Over 150 Outrageously delicious low-fat recipes! From the Inside Flap Who says low-fat food has to be tasteless, unappealing, and boring? No "weigh"! Looneyspoons is a refreshingly unique low-fat cookbook with a spunky personality that's destined to make you look at healthful eating in a different "light". Using an innovative and somewhat wacky presentation style to take the intimidation and confusion out of healthful eating, sisters Janet and Greta Podleski show you how to make it easy and fun! With over 300 cartoons, plenty of humor, bite-sized chunks of useful lifestyle information, the Podleski sisters put aside their Sizzling Rivalry (their fantastic chicken and potato recipe) and show you how to prepare such fascinating dishes as: Manicotti Overboard? Chili Chili Bang Bang? Chip Chip Hooray!? Sinnamon Apple Muffins? Miss American Thigh? Jurassic Pork Roast Looneyspoons is more than just a cookbook. Janet and Greta share useful, common-sense strategies to help you adopt and maintain a healthy lifestyle. You'll learn how to make smarter food choices at home, at the grocery store, and at restaurants. So Hail a Cabbage or Say "Cheesecake". Either way, just get looney and indulge yourself in a hefty serving of laughter healthy living has never been so much fun! About the Authors Janet and Greta Podleski put everything into this book literally. They quit their jobs, sold their cars, and Janet even parted with her wedding dress at a yard sale (she did keep her husband). With support and advice from Dave Chilton (author of The Wealthy Barber), the Podleski sisters and Looneyspoons are well on their way to impacting millions of North Americans' eating habits and funny bones. About the Author Bestselling authors and sisters Janet and Greta Podleski quit their jobs, sold their possessions, and went for 14 months without income to write Looneyspoons. Since then, they have helped nearly a million readers adopt a healthier lifestyle by presenting sensational low-fat recipes with a sense of humor.