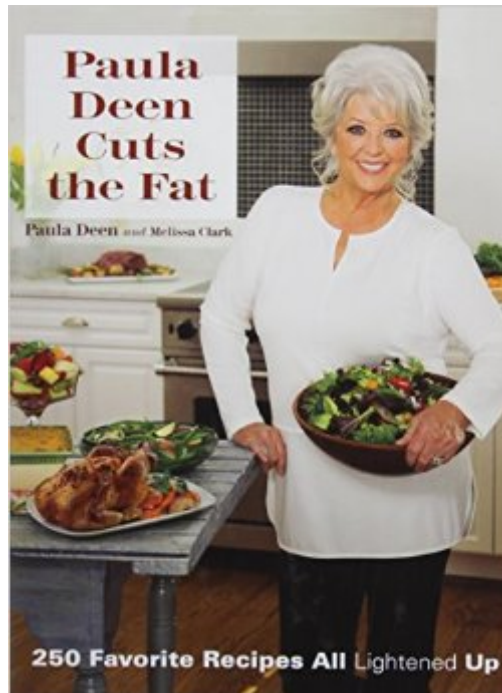


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# Paula Deen Cuts The Fat: 250 Favorite Recipes All Lightened Up



## Synopsis

Paula Deen has lost over 40 pounds and has maintained her weight loss for over two years by swapping out ingredients to reduce fat and calories. Paula's key to weight loss is moderation and accountability and one day a week she still enjoys good old southern cooking with biscuits and all. Only now she will have one biscuit instead of three. One does not have to give up taste when reducing calories and these recipes are a testament to that. Paula shares 250 of her favorite recipes lightened up. This brand new cookbook presents lightened up versions of fifty of her classic southern recipes and presents new recipes that cuts the calories but not the delicious taste. Including:- The Lady's New Cheesy Mac- New Savannah Gumbo- Flourless chocolate cake- Beaufort Shrimp Pie- Nutty Sweet Potato Balls- All-New Peach Cobbler

## Book Information

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## Customer Reviews

I have several of Paula's cookbooks as well. Sure they are filled with a lot of foods that many people are scared to eat, even on a cheat day, out of fear of crashing their diet. But, this book is different. Paula, for health reasons and probably out of respect to her readers who are trying to eat healthier, has changed the way she cooks. I have already made the Flourless Chocolate Cake and will try the Mac this weekend. This book is one of Paula's best. If you are one of the people that will be upset that it doesn't have a nutritional value for each recipe, I suggest that you buy a copy of Chef Jai Scovers' book, The Hungry Chick Dieting Solution, or her cookbook or cookbook reference guide, which will show simple, realistic but healthy changes in how you are eating that allow you to

eat better to live better to live better. There is even a neat trick in her book, Conquer Your Kitchen, that will allow you to enjoy the same foods but still eat less. I lost over 25 pounds years ago using Hungry Chick and I have been able to keep it off even when a new cookbook comes out.

the book and the recipes are good, but the only thing wrong with it is that there is no listing of the carbs or portion size on the pages..I was really disappointed...

Oh my goodness Paula Deen! When I saw the picture of you before and after, I was sold. I have been wanting to drop some weight, but all the diets seem so restrictive. You try and try and then get bored because you are missing out on what you love. This book will solve the problem. I got mine yesterday and have been pouring through it. I also own your Food Bible. Thank you, thank you! I just know I can start cutting carbs and fat with this book. When I read the recipes, I can envision the smells and taste. You my dear are to be congratulated. I have always loved you and now I love you even more!! Readers, jump on this. I don't think you will be disappointed.

Great cookbook! Made the baked ziti and Mac and Cheese. Both were wonderful. There are websites where you can enter in the info from the recipe and it will tell you the nutritional info. It may not be ideal but if you take a little time to do it, you will know the calorie counts.

Just received this a few days ago so I haven't had a chance to try any of the recipes yet, but I was very disappointed to find that there is no nutrition information at all. As someone who is counting calories and fat grams every day, not having the nutrition information makes it so much harder!

I have several of Paula's cookbooks, but this one takes the cake....(no pun intended), it's very well done, and she cuts the fat, sugar and calories from her recipes....it's a beautiful book and can't wait to get a couple more for gifts, it's the best cookbook I own!

Love this cookbook. The recipe's are actually food most people are familiar with & the ingredients can be found at most grocery stores. No searching for ingredients at some specialty store.

Couldn't wait to see Paula's new recipes. The big surprise is she's taken so many of her best recipes and cut the fat from them but left the flavor.Beautiful book and well written. Wish there were more pictures though because I love to see what I'll be making and how it will turn out.

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