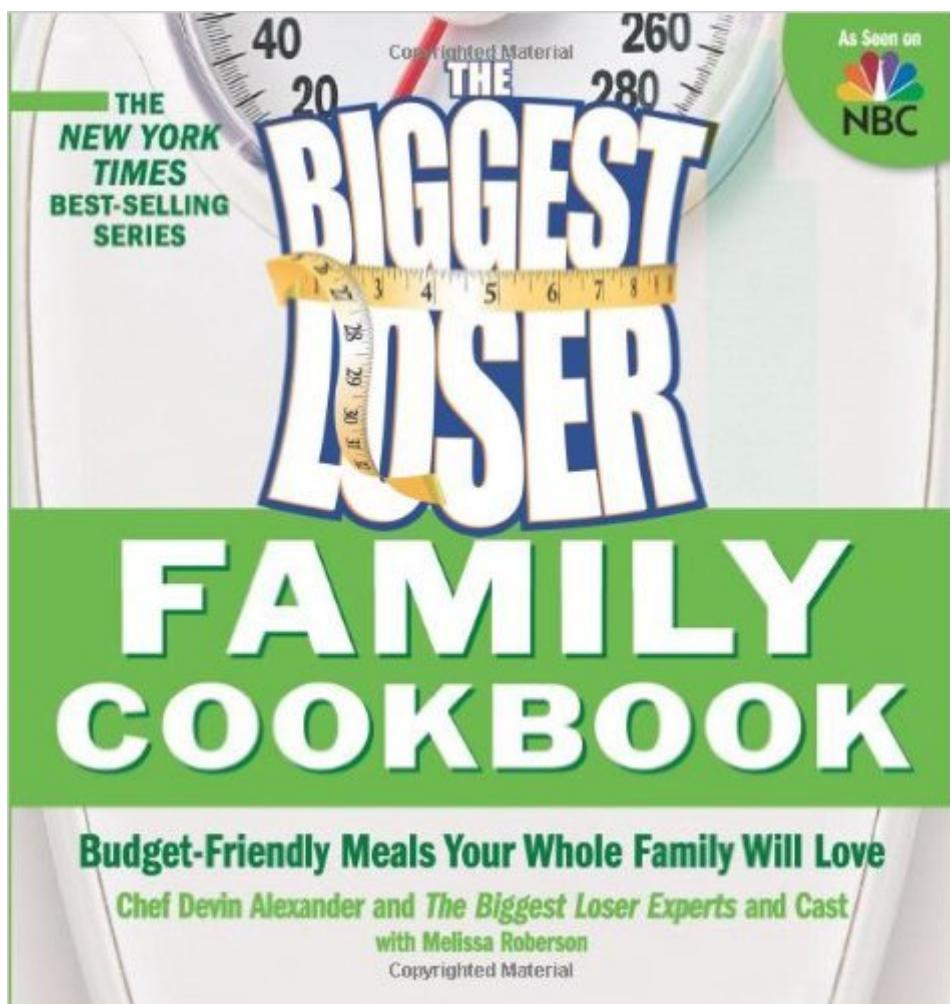


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BIGGEST LOSER FAMILY COOKBOOK: BUDGET-FRIENDLY MEALS YOUR WHOLE FAMILY WILL LOVE



Synopsis

As grocery costs continue to rise, many family cooks are finding themselves in a tough predicament: How can they feed their families healthy, satisfying meals without breaking the bank? In *The Biggest Loser Family Cookbook*, New York Times best-selling author Devin Alexander shows families that eating on a budget can be easy, nutritious-and delicious! With more than 125 recipes that will satisfy every member of the family, Chef Alexander provides complete, affordable options for breakfast, lunch, and dinner, along with mix-and-match side dishes, healthy snacks, and desserts. From Broccoli & Cheddar Frittatas to Steak Fajita Quesadillas, Family Sized Meatball Parmesan to Peanut Butter Fudge Sundaes, these wholesome, satisfying dishes will become an essential part of every family cook's repertoire. In addition to an overview of the Biggest Loser eating plan and Chef Alexander's recipes, readers will find helpful cooking and cost-saving tips from favorite Biggest Loser contestants and online club members. They will also find simple ways to get kids involved in the kitchen and fun ideas for family mealtimes. Designed to make healthy eating accessible for everyone, *The Biggest Loser Family Cookbook* will help pad wallets-not waistlines.

Book Information

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Customer Reviews

There are some good substitution ideas in here, but especially in the dessert section there was 'way too much emphasis on fake food (fat-free and sugar-free pudding, for example), and there's already enough of that on the show. Another big problem with this book is that the organization is poor. Several recipes called for another recipe to be made first (e.g. meatloaf sandwich made with leftover meatloaf), but they should have been listed alongside the original recipe, instead of being in

separate sections. Check out of the library first, before buying. If you already use sugar substitutes and sugar-free/fat-free convenience foods in your cooking, this book may have some new ideas. If you're looking for healthier recipes made with regular food that doesn't have additives, there are only a few recipes in this book that fit the bill.

This cookbook is great, better than the original Biggest Loser Cookbook. Lots of tips to help keep costs down at the grocery store and just great recipes that taste amazing. Most of the food is easy to prepare and are of course low in calories (some more than you might expect). In these tough times, where money is tight, this book really helps you and your family eat great on a budget.

No one in my family is overweight. I bought this book because I am always looking for new ways to improve the nutritional value of the foods I fix for my family. This cookbook provides new ways to cook healthy foods plus new things I would not have thought of. There are a lot of breakfast foods, snacks and desserts (not to mention lunch and dinner) that are easy to fix and appealing to everyone in my house from my husband down to my six year old twins. It is surprising to see the variety of foods that are included. It is easy to have a very bland diet when you are trying to eat healthy. This book provides lots of options! I almost didn't buy it because I had seen another Biggest Loser Cookbook that was half stories from contestants and did not have enough recipes. This one is full of recipes. I am glad I bought it!!

Ok, I'll admit it, I buy cookbooks, look through them and then never use them. But not with this one. The Biggest Loser Family Cookbook stays on my kitchen counter and actually gets used. It has great healthy, EASY recipes. I've noticed the book uses many of the same basic ingredients over and over so you don't have to go broke buying new things at the grocery store. It has given me new healthy options for dinner that my family loves!

We are a family of 6 and all my kids (ages 15, 14, 12, 10 yrs) love the recipes. They have even made a few themselves. The recipes are easy to put together and taste great too!

This is a great book. I've tried many and not only are the recipes high fiber, low sugar, and low fat but my kids (4 and 8) thought they tasted great. My husband loved the marinara sauce and the "new meatballs". I may be an experienced cook but I found the recipes very easy to put together unlike some other low fat cookbooks, and the ingredients easy to find in the grocery store. Definitely a

home-rum in my view!

I really enjoy this cookbook and have made many of the recipies already. The best thing for me was that the recipies are simple, no crazy ingredients that are hard to find in my area, etc.

So far I've only tried 1 of the recipes in this book. The flavor was excellent. I've marked a lot of them that I'm wanting to try. I love that there are pictures of the end product for most of the recipes. I also really like the tips from past contestants. My only disappointment was in that it's a "family" cookbook. Yes, it's food items that I can cook for my family; but there are still several recipes with just one or two servings. For a family of 4, you have to figure out all of the amounts to make the correct amount of servings for your family. I thought that since it was a "family" cookbook, each recipe would yield approx. 4 servings, but that's not the case. Overall, the recipes look delicious and I'm anxious to try more.

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