

Low-Carbing Among Friends



Low-Carb & Keto
Gluten-Free

Dr. Robert Su Jennifer Eloff

George Stella Lisa Marshall

New Revised Edition

Volume 5

Low Carb Ing Among Friends Cookbooks

**Martina Slajerova, Thomas
DeLauer, Nicholas Norwitz, Rohan
Kashid**

Low Carb Ing Among Friends Cookbooks:

Low-Carbing Among Friends (Volume-6) Jennifer Eloff, George Stella, 2017-10 This is the 6th cookbook of the Low Carbing Among Friends series Low Carbing Among Friends is a revolutionary cookbook series All of the recipes are stringently low carb and are 100% gluten free wheat free and sugar free Volume 6 in the series is a collaboration between 5 talented innovative chefs 2 are at the top of the low carb world Recipe sections include Appetizers Beverages Salads Soups Break fasts Main Courses Sides Baking Desserts and Miscellaneous recipes with contributions from each author showcasing their unique talents This is an exciting new style of cookbook from the World s 1 Low Carb Team and Low Carb Facebook page for the years 2014 2015 2016 2017 and hopefully beyond We ve been leading the Low Carb world with innovative new recipes for years our recipes often reach ing 1 0 million friends while some of our most popular recipes have far exceeded that All of the recipes are less than 1 0gr of carbs per serving most are less than Sgr and many are under 2gr

Low-carbing Among Friends Kent Altena, Judy Barnes Baker, Jennifer Eloff, Kyndra Holley, Carolyn Ketchum, Vanessa Romero, Steven Paul Parker, Tom Nikkola, Robert K. Su, Low-Carb Friends, 2012 Contains hundreds of recipies all of which are 100% gluten free wheat free and sugar free All recipes are less than 10g carbs serving and most are less than 5g

Low-carbing Among Friends Jennifer Eloff, Maria Emmerich, Carolyn Ketchum, Lisa Marshall, Robert K. Su, Kenneth Eric Williams, George Stella, DJ Foodie, Low-Carb Friends, 2013 Contains hundreds of recipies all of which are 100% gluten free wheat free and sugar free All recipes are less than 10g carbs serving and most are less than 5g Low-Carbing Among Friends Kent Altena, 2015 This new revised Vol 3 is improved with many color photos many new recipes organized by category all stringently Low Carb 100% of the recipes are Sugar Wheat and Gluten Free Authors tested their recipes with a variety of Low Carb sweeteners natural and or artificial All recipes are less than 10g carbs serving but most are less than 5g from strict Induction to regular low carbing It is only partially a Paleo Primal resource 2 3rds of the recipes are for Meal times about 1 3rd are for Breads Desserts Baking etc If you are intolerant to gluten have Celiac disease or prefer to avoid Wheat Gluten products you will be thankful for this enormous resource of awesome recipes that are Low Carb 100% wheat and Gluten free *The Advanced Mediterranean Diet: Lose Weight, Feel Better, Live Longer (2nd Edition)* STEVE. PARKER M. D., 2012-01-16 Nutrition experts for decades have recommended the healthy Mediterranean diet Dr Steve Parker incorporates the latest nutrition science breakthroughs in this newly revised second edition of his award winning Advanced Mediterranean Diet Dr Parker s weight management plan is highly customizable depending on the user s weight sex and preferred dieting style In addition to a time honored portion controlled diet Dr Parker presents the world s first low carb Mediterranean diet the Ketogenic Mediterranean Diet This is a two for one deal You ll discover 1 which foods are the healthiest 2 which carbohydrates are particularly fattening 3 why we no longer have to worry about dietary total fat saturated fat and cholesterol 4 how to lose weight by watching portion sizes or calories 5 how to lose weight by limiting

carbohydrate consumption 6 which of these two popular dieting methods is optimal for you and 7 64 easy and delectable recipes The traditional Mediterranean diet is rich in fruits vegetables legumes whole grains fish olive oil judicious amounts of wine with modest portions of meat and poultry This way of eating is linked to longer lifespan and reduced risk of heart attack stroke cancer diabetes and dementia The book includes advice on how to avoid weight regain instruction on exercise a general index a recipe index and scientific references All measurements are given in both U S customary and metric units

Healthy Carb Cookbook For Dummies Jan McCracken, 2011-05-12 According to USA Weekend over a quarter of the adults in the U S have tried a low carb diet Many people have enjoyed lasting success Others have felt mystified or deprived and given up Whether you're a first timer or a try-againer this book helps you get with the low carb program and stick with it Building on the success of *Low Carb Dieting For Dummies* it gives you loads of nutritional information plus more than 100 sumptuous low carb recipes like Crunchy Brunch Oatmeal Pecan Waffles Caribbean Chicken Chile Spiced Broccoli and Lemon Torte with Raspberries *Low Carb Cookbook For Dummies* includes A complete nutritional analysis for each recipe so you can't go wrong Lots of recipes for dishes with 5 carbs or less Recipes that de-carb no-nos like Southern fried chicken and Philly cheese steak sandwiches Recipes for soups seafood and meat dishes including pork chops lamb and steaks with a steak chart so you can chart a low carb course Recipes for great desserts including chocolate specialties and cheesecake Vegetarian recipes and crock pot specialties Terrific wrap recipes using lettuce tortillas or crepes Guidelines for eating low carb when you're dining out or brown bagging it Author Jan McCracken a health advocate and low-carber for more than ten years has written two low carb cookbooks and is a contributor to numerous low carb publications Having fallen off the low carb wagon several times herself she alerts you to things that can sabotage your success and clues you in on carb counting and techniques that have worked for her You'll get started right with Mini courses on low carb math and on low carb nutrition and the glycemic index A shopping list for stocking a low carb kitchen The scoop on different kinds of carbs and artificial sweeteners Tips on using spices creatively for variety and flavor Advice on incorporating exercise including taking the first step and lots more steps with a pedometer Tips for reducing stress a common cause of bingeing With this information you won't be mystified With the fantastic recipes you won't feel deprived You will be inspired to stick to a low carb lifestyle one that can help you lose weight and feel healthier

Taking Out the Carbage DJ Foodie, 2015-01-01 A 576 page low carb cookbook and survival guide by DJ Foodie featuring over 200 chef tested keto friendly recipes under 10 net carbs per serving Includes full nutritional breakdowns 3 weeks of meal plans shopping lists and bulk freezer cooking guides DJ's Low Primal approach helped him lose 141 pounds offering practical strategies for sustainable low carb living

The Ultimate Low-Carb Diet Cookbook Donna Pliner Rodnitzky, 2010-06-09 Tasty Alternatives for Every Low Carb Dieter Low carb diets are all the rage and their appeal is obvious You can eat great food that you'd never dream you could eat while dieting and the diets work But once you get past the delight of eating all the beef and butter your tummy desires where can

you turn for variety great taste and truly healthful low carb dieting Inside The Ultimate low Carb Diet Cookbook you ll discover more than 200 scrumptious and easy to prepare recipes that will help you continue to enjoy this fat burning diet regime on into the future Plus you ll find carbohydrate counts and a nutritional analysis for each recipe This essential book which keeps the pleasure factor of low carb eating front and center includes satisfying and helthful dishes such as Creamy Herb Dip Spicy Roasted Red Pepper Soup Savory Spinach Salad with Steak and Blue Cheese Swordfish with Olive and Red Pepper Relish Broccoli with Garlic and Cheese Banana Chocolate Chip and Walnut Muffins And many more creative and tasty meal snack and treat ideas No matter which low carb diet you re on you can continue to experience meal after meal of healthful dieting and great taste

Kmd STEVE. PARKER M. D.,2012-01-16 Dr Steve Parker presents the world s first low carbohydrate Mediterranean diet Nutrition experts for years have recommended the healthy Mediterranean diet It s linked to longer life span and reduced rates of heart attack stroke cancer diabetes and dementia Dr Parker M D has modified the Mediterranean diet to help you lose excess weight while retaining most of the healthy foods in the traditional Mediterranean diet What s the secret Cut back on the fattening carbohydrates such as concentrated sugars and refined starches You ll discover how to manage your weight without exercise without hunger without restricting calories while eating fish meat chicken vegetables fruits wine olive oil nuts and cheese The book includes advice on how to avoid weight regain instruction on exercise a week of meal plans special recipes a general index a recipe index and scientific references All measurements are given in both U S customary and metric units This low carbohydrate Mediterranean diet is included also in Dr Parker s Advanced Mediterranean Diet 2nd edition and Conquer Diabetes and Prediabetes Are you finally ready to lose weight while eating abundantly and without counting calories

The Metabolism Miracle Cookbook Diane Kress,2024-09-24 A New York Times bestselling nutritionist offers a variety of easy to prepare meals to help people lose weight and improve their health Does a strong urge to fill up on carbs sabotage your weight loss efforts Are you often tired and irritable and is there a roll of fat around your middle Now it s easier than ever to eat great and lose weight The Metabolism Miracle Cookbook includes more than 175 quick and easy carb controlled recipes and menus tailored to each step of The Metabolism Miracle diet plan Nearly half of all Americans have Metabolism B and unknowingly overproduce the fat gain hormone insulin These recipes are specifically formulated to help people with this hidden condition lose weight lower blood pressure and cholesterol decrease risk of or improve control over diabetes and increase their energy From appetizers soups and salads to vegetables entrees and desserts ideal for family meals readers will have no shortage of delicious options Vegetarian and gluten free choices are also included

Fat Fast Cookbook 2 Dana Carpender,Andrew DiMino,2016-11-28 ON SALE NOW FOR A LIMITED TIME THROUGH December 31 2020 Introducing the NEW Fat Fast Cookbook 2 with 50 More Even Better Low Carb High Fat Ketogenic Recipes to Jump Start Your Low Carb Fat Burning Bestselling Low Carb Expert and Author of Fat Fast Cookbook Dana Carpender has gone back to the kitchen in collaboration with CarbSmart Publisher Andrew DiMino to create 50 more

incredible Low Carb recipes that will quickly get you into Nutritional Ketosis and kick start your stalled weight loss They've created an updated companion to the first Fat Fast Cookbook with 50 more Low Carb High Fat Ketogenic recipes to propel you into deep ketosis Has your Low Carb weight loss stalled even if you're strictly following the Atkins Diet Do you find that no matter what you do your weight is slowly creeping back up a little at a time Are you looking for new delicious easy to make ways to add more healthy fat to your low carb diet Do you already have the Fat Fast Cookbook but want even more Low Carb High Fat recipe ideas that your whole family will love If you're ready to start again we've got your solution Harness the Fat Fast Nutritional Ketosis and get back on track Foreword by Jacqueline A Eberstein RN Includes a Foreword and detailed explanation of the Fat Fast science by Jacqueline A Eberstein RN Dr Atkins' own clinical nurse She has been administering the Fat Fast to her patients for decades Jacqueline has seen first hand how the Fat Fast works to get her stalled patients back into Nutritional Ketosis All Diets Stall Here's The Fix The Fat Fast is the fastest way to lose stubborn fat while maintaining muscle mass The Fat Fast 1 000 calories per day 90% from pure fat resulted in average fat loss not just weight loss but fat loss of over a pound per day It's a radical short term strategy but boy does it work First clinically proven in the 1950s the Fat Fast was recommended by Dr Robert Atkins to help metabolically resistant low carb dieters like you and me who hit a low carb weight loss stall and need to drive their bodies back into Nutritional Ketosis Restart Your Low Carb Weight Loss With Nutritional Ketosis Nutritional Ketosis is a metabolic state where the body is burning only fat and then by product ketones for energy Combine that with caloric restriction and your body starts to incinerate its own stored fat for fuel If you've gone off your low carb plan the Fat Fast is the fastest way to get back in the game If you're metabolically resistant to weight loss it's the most reliable way to break through and start losing Too Much Protein and Too Little Fat Can Stall Weight Loss Despite the common term high protein diet research shows that the body can turn excess protein into glucose Stop thinking Low Carb High Protein and start thinking Low Carb High Fat By replacing most protein with fat you trigger deep Nutritional Ketosis jump starting your stalled weight loss But unless you enjoy olive oil shooters or can afford to live on macadamia nuts you need Fat Fast recipes to do it Take A Look At What Fat Fast Cookbook 2 Includes 50 MORE Delicious Low Carb High Fat Recipes You'll love these quick and easy to prepare recipes written by Dana Carpender Managing Editor of CarbSmart and author of Fat Fast Cookbook with contributions by CarbSmart Publisher Andrew DiMino Even More Science Behind Using the Fat Fast Dana Carpender and Jacqueline A Eberstein RN explain the history and science of the Fat Fast why it works how it works and how you can harness its power in your low carb lifestyle Easy to Find Fat Fast Foods That Will Restart Your Metabolism and Boost Your Fat Loss Learn the secrets to the foods that will help your body burn more fat with Fat Fast ingredients like shirataki noodles full fat canned coconut milk Medium Chain Triglyceride MCT oil and many more We include a list of these easy to find foods and ingredients you'll need for your Fat Fast recipes whether you purchase them in your local supermarket or online A Sample of the Quick and Easy to Prepare Low Carb High Fat recipes Dana's Fat

Fast Chili
 Fat Fast Fried Rice
 Buffalo Chicken Soup
 Fettuccini Carbonara
 Jalapeno Poppers on the Range
 Artichoke and Mushroom Risotto
 Mac n Nacho Cheese
 Avocado Bacon Soup
 Spaghetti with Bacon and Olives
 Fat Fast Ketonaise
 Creamy Lemon Noodles
 Lime Vanilla Fat Bombs
 Salted Caramel Mocha Keto Coffee
 Tropical Cooler
 Tapioca Pudding Other Uses For Fat Fast Cookbook 2 These recipes are not just for Fat Fasting If you re on a ketogenic diet for weight loss sports performance seizure control cancer therapy or just because it makes you feel good you ve just found dozens of delicious new low carb high fat options

Easy Diabetes Diet Cookbook Emilie Vans,2022-04-01 Do you need help in preparing diabetic dishes Are you a diabetic or someone who loves people who are We ve created a cookbook to help you with your cooking needs Diabetes is a disease that occurs when your pancreas does not make enough insulin or when your cells do not respond to insulin Insulin produced by your pancreas allows your body to use glucose a form of sugar for energy If you have type 1 diabetes you have no insulin at all if you have type 2 diabetes your body does not respond well to the insulin that is available to it Diabetes is currently the most common endocrine disorder in the United States Diabetes is a disease that affects millions of people worldwide As the amount of people suffering from diabetes increases new innovative treatments have been created to help as many people as possible Diabetes patients need to supplement their diet with high quality healthy food in order to maintain a normal glucose level One of the most common problems with diabetes is managing the proper amount of food needed to maintain weight Health experts often recommend that diabetics not only aim for fewer calories but also specific types of foods If you are looking for a cookbook that will help you maintain your weight as you embark on your low calorie diet then you may want to consider Diabetic Cookbook s Diabetic Cookbook With over 50 healthy and nutritious recipes this cookbook covers nearly any type of recipe you can think of and has been specifically designed for diabetics By following the step by step guidelines in this cookbook you will be sure to have a successful meal We have provided a variety of delicious meals and side dishes to choose from Most of these recipes are diabetic friendly so there is no need to worry about how your meal will affect your blood sugar level Diabetic Cookbook can help people with diabetes enjoy their favorite meals when they are on the go This book is filled with delicious recipes of all your favorite dishes complete with the nutritional information you need to balance your diet Many of these available recipes include ingredients that are low glycemic index foods and low in fat Diabetic recipes are beneficial to both the diet and the overall wellness of the diabetics who follow them However not many people are aware of the benefits these recipes can provide Diabetic recipes have a variety of benefits the most important being that they are low in carbohydrates The reason for this is tha

Intermittent Fasting Cookbook Nicole Poirier,2020-09-08 The Intermittent Fasting Cookbook is a quick start guide to the how of intermittent fasting with meal plans and recipes for various IF patterns and protocols

The Eat Fit Cookbook Molly Kimball,2024-05-20 Dietitian and food lover Molly Kimball and her Eat Fit team are revolutionizing restaurants throughout the foodie city of New Orleans The Eat Fit team has collaborated with chefs and restaurateurs across Louisiana to create these flavorful meals which are

designed to fuel your strongest healthiest life This revised edition of The Eat Fit Cookbook features more than twenty new recipes including artful creations from talented chefs such as Meg Bickford of Commander s Palace Alon Shaya of Saba and Miss River and our very own Ryan Conn of FUEL Cafe Market **The Frugal Keto Cookbook** Emily Pierce,2020-08-25 Mouthwatering Recipes That Keep Your Grocery Bill and Carb Count Low Watch your waistline and your budget with flavorful meals like Flank Steak with Chimichurri and Pancetta Wrapped Chicken Breasts from Emily Pierce founder of Keto Copy who has dropped over 100 pounds since she began eating Keto Whether you re looking to lose weight or transition to a healthier lifestyle every recipe in this budget savvy collection keeps costs low while packing in flavor and nutrition Going Keto doesn t have to mean buying expensive cuts of meat or pricey specialty ingredients And with smart techniques that minimize waste Emily helps you make the most of every food item Save the stems from Sunday night s Superbowl Stuffed Mushroom Caps to use in Monday s Skip the Can Cream of Mushroom Soup Or flip to the Use It or Lose It Leftover Land chapter and whip up an Italian Sub less Salad or a Philly Cheesesteak Skillet Best of all saving money and eating healthier doesn t mean you have to sacrifice the flavors and dishes you love Yes you can still have pancakes and pastries for breakfast while eating Keto Looking for something savory Reach for Hearty Bacon Mac and Cheese the super tender Four Hour Roast or some Pizza Shop Garlic Knots Indulge in the Saturday Morning Chocolate Donuts or Maple Pecan Shortbread Bars And with a whole chapter on re creating your favorite breads and rolls you ll never have to settle for a sad bunless hamburger again Featuring 75 tried and true recipes to choose from there s something for every budget and palate whether you re an experienced Keto pro or brand new to the diet *Ultimate Glycemic Load Diet and Cookbook (EBOOK BUNDLE)* Rob Thompson,2011-11-18 Losing weight and liking what you eat can go hand in hand Two books in one eBook You diet you lose weight you put it back on You start dieting again and the same thing happens And so it goes Don t blame yourself This happens with everyone The problem isn t with you it s with the diets themselves Put an end to this frustrating and unhealthy pattern with the proven method developed by nutritional scientists that uses foods people actually eat not bland food no one can eat for an extended period or high salt frozen meals that no one should eat ever A double serving of everything you need to control your weight The Ultimate Glycemic Load Diet and Cookbook contains the information you need to get started and all the recipes you need to keep on track This two eBook set includes The Glycemic Load Diet Many diets are based on the glycemic index but they don t distinguish between good carbohydrates from bad ones Nor do they take into account real life serving sizes the GI numbers are based on lab controlled portions The good news is that nutritional scientists have developed the glycemic load a powerful new tool for controlling weight allows for more of a variety of foods In The Glycemic Load Diet cardiologist Dr Rob Thompson unveils an eating and exercise plan that helps you reverse insulin resistance allowing you to Eat more of the foods you like Eliminate cravings for starchy foods Eat chocolate and still lose weight Speed up your metabolism with regular non strenuous exercise Keep the weight off without dieting The Glycemic Load Diet Cookbook

Imagine being able to lose weight while enjoying satisfying amounts of delicious food Now you can prepare fabulously filling meals that actually speed up your metabolism curb your cravings and improve the way you look and feel These surprisingly hearty recipes created by bestselling cookbook author Dana Carpender eliminate the glucose shocks that deplete your natural insulin making it easy for you to lose weight without feeling deprived Get recipes for every meal including Spinach Mushroom Frittata Apple Walnut Pancakes Oriental Chicken Salad Oyster Bisque Sesame Short Ribs Lemon Mustard Pork Chops Indian Lamb Skillet Coconut Chocolate Chip Cookies Lemon Vanilla Cheesecake [The New Mediterranean Diet Cookbook](#) Martina Slajerova, Thomas DeLauer, Nicholas Norwitz, Rohan Kashid, 2021-03-30 The New Mediterranean Diet Cookbook is your guidebook to the ultimate superdiet an evidence based keto diet that emphasizes a diversity of fish healthy fats and a rainbow of colorful vegetables with 100 delicious recipes for everything from snacks to dinner The Mediterranean diet has long been touted as one of the world's healthiest diets renowned for its protective effects against heart disease cancer and other chronic illnesses However its heavy inclusion of grains and carbohydrates can contribute to obesity and is a drawback for many Also shown to have many health benefits the ketogenic diet stimulates the fat burning and longevity promoting state of ketosis by limiting carbs and emphasizing high fat foods While the keto diet is about the proportion of macronutrients fats protein carbohydrates in the food you eat the Mediterranean diet is about specific food types seafood olive oil colorful vegetables and other anti inflammatory foods This book is about living and eating at the intersection of these complementary diets so you can reap the benefits of both While both diets advocate significant amounts of healthy fats and protein the new Mediterranean approach to keto significantly shifts the fat profile of the diet to emphasize the monounsaturated and omega 3 fats that health experts agree promote living a long disease free life It also includes colorful vegetables providing a diversity of nutrients and flavor The result is an enhanced Mediterranean diet that stokes metabolism supports the gut and microbiome and is anti inflammatory anti aging and nutrient dense Improve your overall health while enjoying delectable dishes including Superfood Shakshuka Blender Cinnamon Pancakes with Cacao Cream Topping Green Goddess Salad Pancetta Wrapped Sea Bass Sheet Pan Crispy Salmon Piccata Fierce Meatball Zoodle Bolognese Nordic Stone Age Bread Chocolate Hazelnut Powerhouse Truffles With The New Mediterranean Diet Cookbook you'll learn how to balance your macronutrients what foods are considered the new Mediterranean superfoods and how to make tasty dishes to keep you satisfied all day [Katie Chin's Global Family Cookbook](#) Katie Chin, 2021-06-22 Katie Chin's Global Family Cookbook lets you travel the world from your kitchen Professional chef TV personality and working mom of three kids Katie Chin shows you how easy it is to prepare new and exciting meals from many cultures Discover comfort food from around the world and add some international flair to your dinner table In addition to providing simple recipes for every meal and occasion Katie includes sidebars explaining how her recipes can be adapted for vegetarians vegans and those with food allergies and how to add fresh new flavors to kids lunches From meatless Mondays to taco Tuesdays the recipes in this book include something for

everyone Bring the unforgettable flavors of the world to your table through 170 recipes including Seven Global Go To Sauces Mexican Chimichurri Chicken Burgers Thai Curry Meatball Subs Cuban Fish Tacos with Citrus Mango Slaw Easy Pad Thai Noodles Chicken Tikka Masala Pizza Crispy Korean Chicken Sliders And so much more This cookbook also provides great ideas for celebrating cultures through food Chinese New Year s Dinner featuring TV personality Jeannie Mai The Real and with recipes provided by her mom Mama Mai Greek Easter Dinner with recipes provided by TV personality and lifestyle expert Debbie Matenopoulos The Home Family Show Cinco de Mayo Celebrations with recipes provided by cookbook author and celebrity chef Jeffrey Saad Hanukkah Dinner with recipes provided by Faye Levy a prolific cookbook author and lead cooking columnist for the Jerusalem Post Katie learned to cook alongside her mother and it s now an experience she loves to share with her daughter She hopes to inspire other families to have fun in the kitchen together with these recipes everyone will love

The Complete Diabetes Cookbook America's Test Kitchen,2018-11-06 JAMES BEARD AWARD FINALIST Take control of diabetes with this one stop diabetic cookbook featuring 400 healthy recipes and comprehensive nutritional information America s Test Kitchen s wants to provide a path to healthier eating for anyone with Type 1 or Type 2 diabetes Vetted by a dietician and a doctor these 400 diabetic recipes maximize healthy ingredients and flavor while adhering to specific nutritional guidelines 10 grams of carbs to 1 gram of fiber or better Discover recipes for favorites like tacos and pizza plus fresh low carb ideas for vegetables meat fish beans and whole grains You ll also get a comprehensive overview of Type 1 and Type 2 diabetes prediabetes and nutritional science Sample menus and The Plate Method take the guesswork out of adhering to a diabetic diet and nutritional information is provided for every recipe Backed by science and the expertise of America s Test Kitchen this diabetes cookbook is the ultimate resource for recipes that will suit a diabetic diet and satisfy everyone at your table

The Biggest Loser Cookbook Devin Alexander,Biggest Loser Experts and Cast,Karen Kaplan,2006-10-03 The Biggest Loser Cookbook provides more than 125 healthy delicious recipes from The Biggest Loser experts and cast as seen on NBC s hit show Building on the groundbreaking success of The Biggest Loser brand this sequel to the best selling book is sure to be a hit The Biggest Loser Cookbook offers 125 recipes from The Biggest Loser cast trainers and fans motivational before and after photographs of the cast 50 beautiful 4 color food shots dozens of trainer tips from The Biggest Loser trainers inspiring stories of how the cast members did it at a glance guides to The Biggest Loser Diet and The Biggest Loser Exercise plan Armed with this arsenal of nutritional information and training tips readers will be inspired to achieve the dramatic weight loss transformations that have amazed TV fans around the country

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