

FREE THE BIGGEST LOSER COOKBOOK: MORE THAN 125 HEALTHY, DELICIOUS RECIPES ADAPTED FROM NBC'S HIT SHOW PDF



Devin Alexander, The Biggest Loser Experts and Cast, Karen Kaplan, Bob Harper, Kim Lyons | 224 pages | 15 Jan 2007 | RODALE PRESS |
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The Biggest Loser Cookbook: Low Calorie Recipes You'll LOVE! – Get Cooking!

I also have their exercise dvds although a recent one has just about been the end of me! I even committed to memory an Orange Smoothie recipe,

went directly to The Biggest Loser Cookbook: More Than 125 Healthy the store for the ingredients you know, before the memory train rode off into the sunset and made some that night. I actually first made it during the summer — I remember because I was listening to baseball another obsession while cooking.

Set a large nonstick skillet over medium heat. Add the olive oil. Heat for 30 seconds. Add the onion. Cook, stirring occasionally, for 2 minutes. Add the bell pepper, mushrooms, and garlic. Cook, stirring occasionally, for 5 to 7 minutes, or until the vegetables are tender.

Add the spinach. Cook, stirring constantly, for 2 to 3 minutes, or until the leaves are wilted. Remove from the heat. Add the The Biggest Loser Cookbook: More Than 125 Healthy cheese. Stir until the cheese melts. Serve immediately.

There are healthy breakfast recipes, healthy snack recipes, healthy sides, soups, stews, and even healthy desserts.

My family and I love to snack while watching our favorite tv shows and ballgames. In fact, a lot of them are probably in your kitchen right now. I love that! The Biggest Loser Cookbook is also packed with inspirational contestant stories and advice from the trainers.

Also, watching the show each Tuesday night will also give you tons of advice, tips, motivation, and inspiration. Alison Sweeney: AliSweeney. Bob Harper: MyTrainerBob. Jillian Michaels: JillianMichaels. Joi Sigers said: Get Cooking! Enter your email to subscribe:. Powered by FeedBlitz. Contact me through e-mail at jotisigers gmail. I do not claim to have taken all of the photographs on this website.

If you Delicious Recipes Adapted from NBCs Hit Show a photographer that sees something you want removed, simply e-mail me! I may earn money or products from the companies mentioned in this post. This costs you absolutely no extra money of course it simply allows me to maintain the lifestyle my cats are accustomed to! Next Post: T-fal and Ingrid Hoffmann? Subscribe to Get Cooking Fill in the form below to receive updates through e-mail whenever something new has been added to the food blog.

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The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging where packaging is applicable. Packaging should be the same as what is found in a retail store, unless the item is handmade or was packaged by the manufacturer in non-retail packaging, such as an unprinted box or plastic bag. See details for additional description. I liked the book after I got to see it.

It does have a lot of recipes in it for losing weight. It has soups, sandwiches, main course, desserts, dips, salad dressings, and different things.

It includes the calories, fats, etc. They seem to be down to earth where a person would actually be able to try the recipe. It doesn't have so many odd things in it using stuff you really wouldn't normally cook with. My son loved it. I bought it for a present for him and he really was excited. He is a middle aged guy. The Biggest Loser Cookbook: More Than 125 Healthy can't think of anything that I disliked about it.

I think it was very good. Maybe not excellent but pretty good. There are a lot of great pictures in this book which gives me a great idea of whether it's something i think i'd like to try before i make the investment in the necessary ingredients. I think the meals are tasty but they will take some getting Delicious Recipes Adapted from NBCs Hit Show to given that i'm accustomed to less healthy food.

But it blends great encouragement with good recipes that will help me learn how to cook again the RIGHT way so that i can set a great example for my children. The Chef Devin was an overweight woman who struggled her whole life and then lost weight by making delicious meals that didn't compromise taste and she's shared them in this book. I love the pictures of the contestants because they're motivational as well.

They remind me that iiii CAN do this. I can change my life and this is just one small step in the right direction. Read full review. This cookbook is well laid out, with great pictures and simple recipes that Delicious Recipes Adapted from NBCs Hit Show lony are within "program" but that also taste GREAT! I have gotten rave reviews from bot family and friends who had no idea that the pork tenderloin or roast beef sandwiches or salmon came from the BL Cookbook!

Toss out the Weight Watcher's stuff and enjoy the Biggest Loser! Out with the old, in with the new and improved! I bought this cook book because my boyfriend and I have started a diet, and I was going crazy eating all the same old diet food. When this book came in, and I began using the recipes in it, it gave me an entirely The Biggest Loser Cookbook: More Than 125 Healthy perspective on dieting.

Foods that I eat while dieting don't have to be plain and boring, they can be fun and interesting. By buying this book, I will be more likely not only to stick to my diet, but to change my eating habits for good. I recommend this cook book for anyone, especially those having trouble sticking to their original diets.

I love cookbooks and have a ton, but none of them are The Biggest Loser Cookbook: More Than 125 Healthy toward helping me eat a well-balanced, lower calorie, yet still delicious and satisfying meal.

It contains a good number of snacks, breakfasts, lunches, dinners, and extras to keep cooking for quite awhile. I'd purchased a used copy and also get to see which recipes the previous owner liked, which is fine with me and just helps me choose which ones to try out Delicious Recipes Adapted from NBCs Hit Show. Skip to main content. About this product. New other. Make an offer:. Auction: Pre-owned. Stock photo. Brand new: Lowest price The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging where packaging is applicable.

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My son is trying to lose weight. Healthy recipes for the cost of ONE unhealthy meal There are a lot of great pictures in this book which gives me a great idea of whether it's something i think i'd like to try before i make the investment in the necessary ingredients.

Biggest Loser Cookbook This cookbook is well laid out, with great pictures and simple recipes that not only are within "program" but that also taste GREAT! The recipes and diet and exercise tips are excellent!!! Best Selling in Nonfiction See all. Bill Delicious Recipes Adapted from NBC's Hit Show Killing Ser. When Women Pray Hardcover T. Jakes Christian Inspirational No ratings or reviews yet. Save on Nonfiction Trending price is based on prices over last 90 days.

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Return to Book Page. Karen Kaplan Goodreads Author. Bob Harper Foreword. Kim Lyons Foreword. The Biggest Loser Cookbook offers: - 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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To ask other readers questions about The Biggest Delicious Recipes Adapted from NBC's Hit Show Cookbook please sign up. Be the first to ask a question about The Biggest Loser Cookbook. Lists with This Book. Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. Jan 08, Sarah rated it liked it Shelves: diet-nutrition.

This is one of the best cookbooks I've ever owned! My friends and I have made several recipes from this cookbook, which contains everything from breakfast to dessert and everything in between. With helpful tips from contestants and trainers, it is a must have Delicious Recipes Adapted from NBC's Hit Show anyone living a healthy lifestyle or wanting to cook more healthful versions of their favorite foods!

Jul 20, Lisa rated it liked it. I was looking for some healthy lunch ideas, and copied about 3 recipes. A lot of it is health food I already figured out how to make on my own. Jun Delicious Recipes Adapted from NBC's Hit Show, Sara rated it it was amazing Recommends it for: anyone looking to eat a little more healthfully.

Awesome recipes in this book that are good for you, too. And we've liked every one of them! Feb 23, Heather rated it it was ok Shelves: did-not-finish. I often feel these tv show books are slapped together quickly to make a quick sale. I think this book is no different. There are a few great ideas in this book, but on the whole, it's really a book you could be successful without. There isn't any new information here that you wouldn't know already if you have dieted in your life.

Jun 21, Lynda rated it really liked it. Recently saw a video and read several articles about how few of the contestants kept their weight off. Compared recipes with Delicious Recipes Adapted from NBC's Hit Show recent experiences and knowledge of nutrition. Will not be keeping this book. Mar 08, Tisha rated it liked it. The recipes are for 1 serving portions.

Nov 27, Joan rated it it was ok. Additionally, several "tips" are scattered throughout the book. As for the recipes themselves, all but a handful are, unfortunately, for just a single serving [which is of no help at all for the many readers who prepare meals for families]. And I love all of the Yoplait light dessert yogurts: We loved the frozen hot chocolate - just like a fudge-cicle.

The parmesian popcorn was good. I don't think we'll try the red clam sauce spaghetti again, but it wasn't bad. The Delicious Recipes Adapted from NBC's Hit Show Chicken Pile Up was Delicious Recipes Adapted from NBC's Hit Show hit and my kids are picky. I loved the Barbecue Chicken Pizza even if the kids didn't. And I'm going to try the meatball recipe because the frozen meatballs I got at the store are horse meat as far as my husband is concerned.

I was surprised to come across this book at the library. I enjoyed the book--it has some interesting background stories of some of the contestants from the show and their recipes. I especially liked the section that talks about good nutrition.

I was surprised that the recipes incorporate artificial sweeteners, as I do not consider this a healthy option. There are lots of good ideas though. Horrible recipes are more complicated than what you can make on your own with a broiler and some pepper. Plus, while the food may be low in fat, the salt content is through the roof!

Do not buy this book if you want to be healthy! Your money would be better spent on a simple book on The Biggest Loser Cookbook: More Than 125 Healthy. As for recipes, you really don't need any for salad, rice, and steamed vegetables. For protein, just broil some meat. Good luck! Sep 28, Tabitha rated it did not like it. The recipes actually weren't all that healthy, were for tiny portions for individuals, nothing to feed families and there was a lot of filler talking about contestants and things.

I'm not a huge fan of "diet" cookbooks to start with, but I wasn't even a little impressed. On top of that, there was very little in the way of recipes that were good for pickier people.

Nov 05, Chris rated it it was ok Shelves: cook-booksself-help. I was a little disappointed with this book. It has great ideas and weight loss recipes. The recipes are all "for one" so it doesn't help planning meals for a family. The contestants from the show have put in their favorites-- mostly salad. There are also TONS of motivational quotes from the show's contestants. It's OK, but not great, I guess is what I'm trying to say. View 1 comment. Mar 18, Julie rated it liked it Shelves: cook-booksnon-fictionself-help.

I did find some great recipes that can be used to help me and my family eat healthier. I think this is geared toward folks that don't cook a lot or need to eat on the run sometimes. I did find the stories inspiring - the books has lots of past participants from the Biggest Loser tv show. Apr 11, Trissa White rated it it was amazing. I didn't realize cookbooks were on goodreads.

How great! There are many ideas in here that I use over and over. Its the first cookbook that I have used every page of. Feb 17, Amy rated it really liked it. This book had all kinds of great sounding recipes and a lot of helpful hints and tips for eating right.

I can't wait to make some of the dishes for parents and boyfriend!!!! I liked this so much I ordered the original Biggest Loser book to go along with it! May 03, Peter Derk added it.