



Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories

Marlene Koch

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Eat What You Love: Quick & Easy: Great Recipes Low in Sugar, Fat, and Calories Marlene Koch

Delectable guilt-free fare—in a flash!

In her bestselling *Eat What You Love* series, Marlene Koch has proven that better-for-you can mean even better tasting—but now it also means quicker and easier than ever! *Eat What You Love: Quick & Easy* includes everything you love from Marlene—amazing “Dare to Compare” restaurant makeovers, satisfying portions, and gluten-free and all-natural sugar substitute options, along with over 180 all-new recipes that are:

QUICK: Most dishes can be ready and on the table in 30 minutes or less! Breakfast is a breeze with 5-Minute Breakfast Pizzas, family suppers a snap with hearty 20-minute Good ‘n Easy Turkey Chili, and entertaining fun with Sheet Pan Salmon and Easy Apple Pie Squares.

EASY: You’ll be amazed at how little effort it takes to make 3-Ingredient Chocolate Caramel Biscuit Donuts, crunchy Teriyaki Fried Chicken, or the Easiest-Ever Blueberry Pie.

HEALTHY: Every recipe is low in sugar, fat, and calories so everyone can enjoy decadent tasting dishes like Loaded Philly Cheesesteaks, Deep Dish Skillet Pizza, and Cherry-Topped Cheesecake Cupcakes.

TASTY: Satisfy your cravings faster, and healthier, right at home! Marlene’s “Fried” Macaroni and Cheese, Quesadilla Burgers, and Fuss Free Fajitas will have the entire family begging for more!

Also Inside:

- An entire chapter of quick and easy no-bake desserts (that average just 150 slim calories!).
- Recipes for make-your-own better-for-you dressings, spice mixes, and sauces—to save you money and kick every meal up a notch.
- Marlene’s all-new “Quick and Easy Kitchen” guide to help you effortlessly cook up meals in no time flat: including equipment and pantry lists and a special section for cooking for two (or just you!).
- Nutrition information plus diabetes exchanges and Weight Watcher plus point comparisons for every recipe.



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