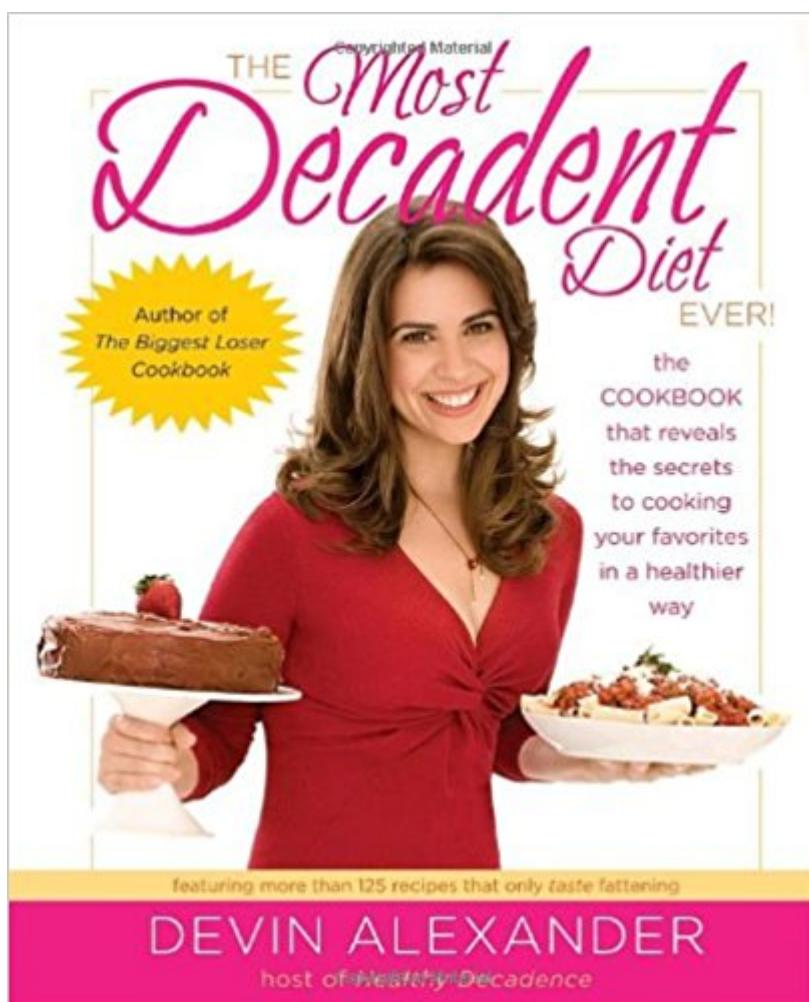


The book was found

The Most Decadent Diet Ever!: The Cookbook That Reveals The Secrets To Cooking Your Favorites In A Healthier Way



Synopsis

Devin Alexander, author of the New York Times bestseller, *The Biggest Loser Cookbook*, lets you have your cake and lose weight, too, with sinfully tempting yet amazingly healthy recipes for America's all-time favorite foods. Chef and former L.A. caterer Devin Alexander has maintained a fifty-five-pound weight loss for over sixteen years by transforming the dishes she and millions of other Americans love best into guilt-free (yet still outrageously mouth-watering) indulgences--Rigatoni with Meat Sauce, BBQ Bacon Cheeseburgers, Eggplant Parmesan, Sinless Yet Sinful Sticky Buns, and even Dark Chocolate Layer Cake with Chocolate Buttercream Frosting. These simple-to-prepare recipes for the kind of delectable dishes people crave but feel they can't eat when trying to be healthy and trim, actually can be the basis of a personal weight-loss plan. They can also be a way to add "off-limit" foods back into an already successful diet. Or they can simply be part of an exciting new way to eat healthfully and with pleasure. In *The Most Decadent Diet Ever!* Devin Alexander proves that even the most decadent dishes--Chipotle Chili with Blue Cheese Crumbles, "Fried" Jumbo Shrimp, Super-Stuffed Steak Soft Tacos, Fettu-Skinny Alfredo, Godiva Brownie Sundaes, and Chocolate Chip Pancakes--can lead to weight loss, good health, and carefree enjoyment.

Book Information

Paperback: 240 pages

Publisher: Broadway Books (April 22, 2008)

Language: English

ISBN-10: 0767928814

ISBN-13: 978-0767928816

Product Dimensions: 7.4 x 0.5 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 119 customer reviews

Best Sellers Rank: #316,212 in Books (See Top 100 in Books) #165 in Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #792 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #1959 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

"The first step to getting in shape is finding a nutrition plan that you can stick with, and you've just found it! Devin is the master of creating healthy recipes that won't sabotage your weight loss goals!"

•Kim Lyons, Red Team trainer, NBC's The Biggest Loser

DEVIN ALEXANDER is the author of *Fast-Food Fix* and *The Biggest Loser Cookbook*. In addition to *Healthy Decadence* and *The Biggest Loser*, she has appeared on *Good Morning America*, *The View*, and other television shows. She writes a monthly column for *Women's Health* magazine, and lives in Los Angeles.

This is a neat little cookbook. My only complaint is that I wish there were more recipes and more photos of the final dish. Still and all, a nice little work!Up front, Devin Alexander makes clear the purpose of this book (Page vii): "">Read more

This morning, I had chocolate peanut butter pudding for breakfast. I just finished eating a bacon cheeseburger with parmesan seasoned fries for lunch. And I'm planning on having pasta with meat sauce for dinner, followed by a little chocolate molten lava-style cake. How many calories does all this add up to? 1,211! And this isn't nothing but "diet" and "low-fat" and "fat-free" fake food either! That should give you an idea of what this cookbook is like.I never heard of Devin Alexander before getting this book, but now I'm very thankful for her, because she's done the work of figuring out how to make lower-fat, lower-calorie, lower-sodium versions of all kinds of dishes that you don't think of as "diet food." If you're frustrated by dieting because you just can't deny yourself things like chocolate, burgers, sausage, cheese, potatoes, rice, or just food with some FAT in it, it's Devin to the rescue!Her recipes make it easy by telling you exactly what's in each serving in terms of calories, protein, carbs, fat, saturated fat, cholesterol, fiber and sodium. All you have to do is figure out how many calories you need to take in each day to lose weight based on your current weight and activity level, plan your menus using Devin's recipes, get into some regular exercise, and you can do this without feeling deprived! Or if you're on a different kind of diet--say, watching your cholesterol or sodium intake--you can adjust your menus to reflect that.Some caveats: 1. If you're like me, you will need to buy a lot of new groceries. Plan your menus to use up certain ingredients at the same time so you have everything you need for, say, a week of recipes and can thus shop for less stuff at once. 2. It will not always be cheaper to buy reduced-fat this and low-fat that; be prepared. But rest assured that Devin tells you when to use reduced-fat/sodium products vs. the fat/sodium-free products to ensure the texture and flavor of the dishes stays good. This is NOT food that sounds and looks good but tastes inedible! 3. You may not like every dish, but some of them will blow your mind (try the Chocolate-Not-Only-In-Your-Dreams Cake, for example), so try them!

Chances are you will love most of them. Maybe even your picky kids will! Some people think Devin's recipes use too much sugar. I don't, but if that bothers you, use Splenda where she calls for white sugar. Some of the sugar she uses is brown or raw, and I don't overall find it too much. I mean, she's watching the carbs so she can't add too much of it, really. In short, this cookbook is a godsend for those who can't stick to a diet that requires them to eat "rabbit food" or give up all fat and/or carbs, and who could only tolerate that kind of stuff if it were loaded up with fatty dressing and cheese (and they know they're just kidding themselves if they do that). Get this book, cook from it, and enjoy what you like instead of feeling like you're in Food Prison!

I just wanted to thank Devin for writing this book. Thank you sooooooo much. All the foods I've been missing since I started dieting, all now within reach, with wonderfully easy directions. I read it cover to cover and love all the introductions to each dish. For those who think it's too simple, I say it's deceptively simple and perfectly balanced. The best possible combination in a book of classic, comfort-food recipes. When I cook up those omelets and devour those burgers I can't BELIEVE how low calorie they are. Even better, the servings aren't small, they're unquestionably filling! In disbelief, I double checked every ingredient against my calorie counter, but it's spot on. Basically a miracle in my mouth. Thank you, thank you, thank you, Devin. Who knew dieting could taste this amazing! I really think I might be eating more delicious food now than before I started the diet in the first place, and the weight's just falling off. All these recipes are keepers and my husband loves them. When I get down to my goal weight, this book will still be one of the first I reach for. **UPDATE:** So happy! Loooooooove this book. I've made about half of the recipes in here so far and they're all pretty easy. The grilled chicken and brie burger was strangely my least favorite. The snap pea saute was the biggest delicious surprise. The chocolate chips pancakes were (oddly) the most challenging. It's just the best. I've learned things about cooking no other cookbook has bothered to teach me. Such as, mix in the seasonings with the ground beef before you cook it. Or, make sure the pan's hot before you add the meat! These things may sound basic to some, but as a self-taught cook, I was completely unaware. My other favorite - the low-low calories in lean deli ham aaaaaand...center cut bacon!!!! Incredible 35 calories per slice. I'm not going to go on, because the book should share its own secrets. I want to meet this chick.

[Download to continue reading...](#)

The Most Decadent Diet Ever!: The cookbook that reveals the secrets to cooking your favorites in a healthier way **Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes -**

Southern Cooking Cookbook Recipes HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet,

ketogenic Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)