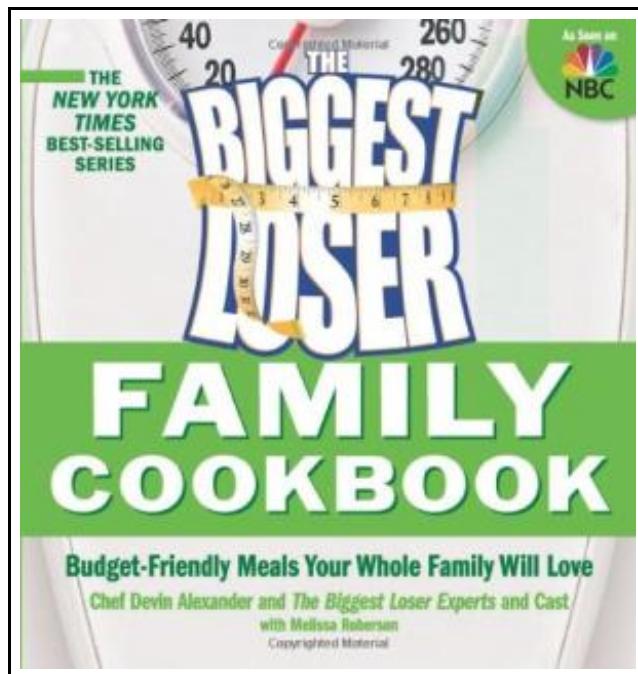


The Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.
(Melany Goyette)

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



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Rodale Press. Paperback / softback. Book Condition: new. BRAND NEW, The Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love, Devin Alexander, Biggest Loser Experts and Cast, Melissa Roberson, 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.

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