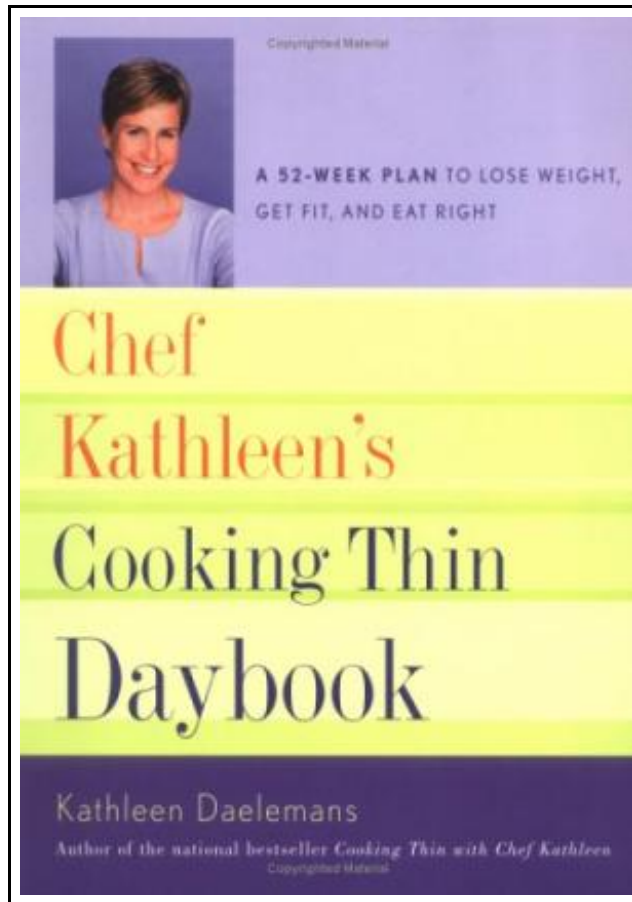


Chef Kathleen s Cooking Thin Daybook: A 52-Week Plan to Lose Weight, Get Fit, and Eat Right



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Reviews

This written book is excellent. It really is rally fascinating throgh studying period. You are going to like the way the writer write this publication.


(Hadley Ullrich)

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HOUGHTON MIFFLIN, United States, 2006. Spiral bound. Book Condition: New. 229 x 190 mm. Language: English . Brand New Book. Cook Thin, Get Thin, Start Now! The companion journal to the national bestseller Cooking Thin with Chef Kathleen Losing all the weight you want isn t boot-camp-hard, or I never would have been able to do it, says chef Kathleen Daelemans. I didn t give up my favorite foods, and you don t have to either. Hired to cook at one of the world s most famous spas, Chef Kathleen created a slimming, healthful cuisine that drew raves from the New York Times, Bon Appetit, the Los Angeles Times, and many other publications. In the process, she herself lost 75 pounds, dropping from a size 22 to a superfit size 8. In this 52-week planner, she gives you all the tools you need to achieve the body you deserve. Chef Kathleen s Cooking Thin Daybook is packed with no-nonsense tips, health news you can use, food facts, scrumptious recipes, and at-your-service resources. Food: 52 fast, easy, good-for-you recipes, from Chicken and Wild Rice One-Pan Supper to Peanut Butter Truffles, plus scores of quick menus and satisfying snacks Fun: Hundreds of rejuvenating ideas to help you fight your real enemy, boredom, and keep you laughing Fitness: A year s worth of simple ways to burn calories Focus: 52 weeks of private coaching, with Chef Kathleen s eyes-on-the-prize techniques Plus plenty of space to record your daily exercise and eating habits and your weekly goals so you stay motivated and on track Kathleen Daelemans is a frequent contributor to NBC s Today Show and the author of Getting Thin and Loving Food!.

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