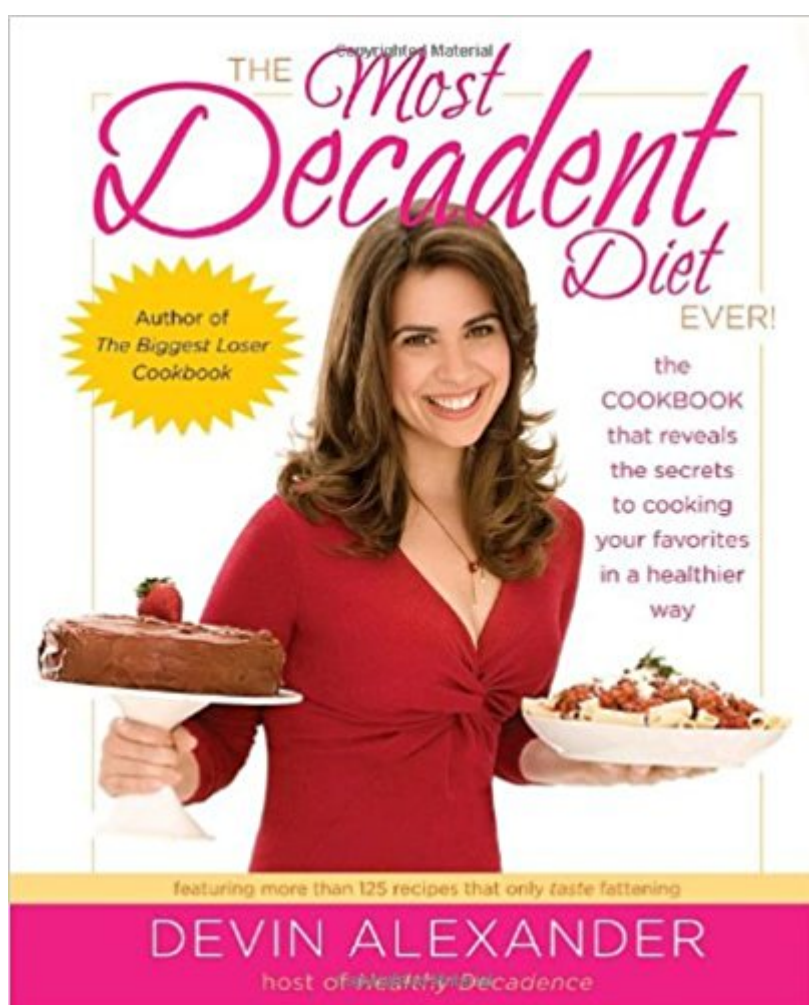


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The Most Decadent Diet Ever!: The Cookbook That Reveals The Secrets To Cooking Your Favorites In A Healthier Way



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

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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 soooooo 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! Looooooooove 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.

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