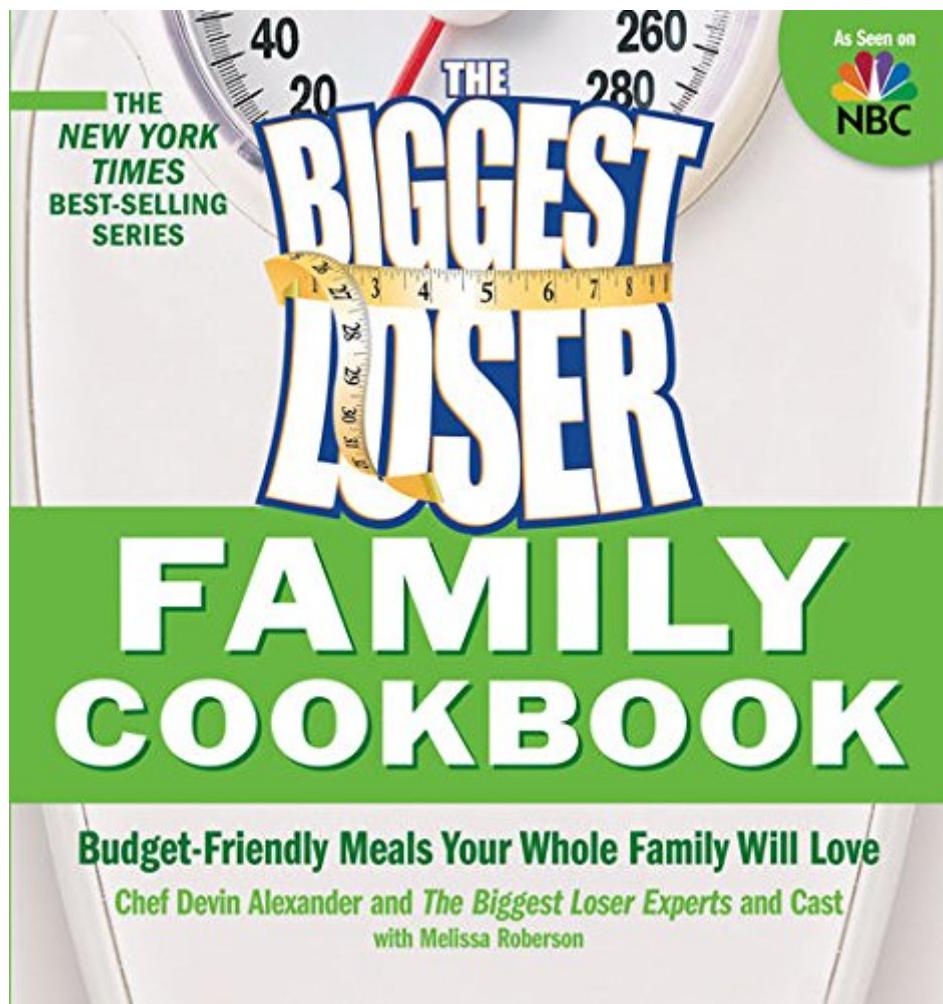


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# The Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love



## Synopsis

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.

## Book Information

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## Customer Reviews

Purchased for a work event for fitness. It was well-received.

I love cookbooks plain and simple. This one, it's ok. Nothing special on the receipe end. I was hoping for some new low-fat, low-carb fun receipes. It had a few, but not as many as I had hoped for. The show always demonstrated those unique, healthy food substitutes; the book had a few. Too many "weird" food items to make it a useful cookbook. I suppose if you are into it, the contestant pages could be inspiring. For me those were wasteful as I had enough of that from the show.....I wanted the cookbook to be more about new meals in my home. Also, the lack of pictures really discouraged me. I am a visual person and need that media to spark my food creativity. They should trade the contestant pages for dish picture pages.

I'm new to both cooking and weight loss, and this book has really helped to broaden my eating options. I've never been much of a cook, but it doesn't matter! The recipes are easy, tasty, and healthful. My kitchen has never been well-stocked, but I've found it easy to adapt when I don't have an ingredient listed in a recipe. The writing has an upbeat tone, and there are tips from Biggest Loser contestants throughout the book. (I've never watched the show, by the way.) The recipes are designed for individuals and families on a budget, which is another big plus. I have a shelf of unused cookbooks in my kitchen, but The Biggest Loser Family Cookbook is always on my counter! I refer to it almost every day, and would highly reccomend it to anyone looking for some healthy, creative options.

I bought this book and had rather high expectations for it. I love the biggest loser and think their diets are great, but for some reason i really wasn't to thrilled with this book. It was supposed to be meals that everyone would love and the pickest of eaters and that was not the case in my household. I have a few other biggest loser books and love those, i guess it is a case of "to each their own" with this one. Just because i was happy with it does not mean that someone else wouldn't like it.

My family loves every recipe I have tried from this cookbook. I cook for three children, my husband and grandma and so far no complaints. My children especially love the breakfast sandwich. It's been awesome to see my family begin to make healthy choices. Now they all (with the exception of grandma) actually prefer turkey bacon over the greasy bacon we were eating. We also really like the

Sweet and Sour Chicken Stir-Fry. Just a tip though I serve everything separate: So, the onions and peppers are in a bowl, the sauce is in a bowl, and the chicken is in another bowl. My children like choosing how much sauce they want etc...Like many people we are on a budget. I can't afford to just make meals from this cookbook or others like it, but I do try to incorporate a couple of these meals a week and the healthy principals I have learned I attempt to utilize as much as possible. This cookbook is by far one of my favorites! LOVE IT!

I love this cookbook. Me and my husband thought we would try this to lose weight and we have each lost 7 lbs in 3 week so far. I think the recipes are delicious and not very hard to make. The ingredients can get a bit expensive but once you have all the spices stocked up are fine. I have made quite a few of the recipes so far and loved everyone so far. I do not think we will ever go back to eating the way we did before. I am reading a lot of labels on food now. I plan to start exercising soon(which I despise) but my husband loves to exercise and even does P90X but he had reached that wall and could lose no more weight. This new way of cooking and eating did the trick. I would recommend this cookbook for anyone who wants to lose weight. I have tried lost of my life to lose weight and nothing worked even exercise but this did the trick.

Decent recipes but not what I would consider clean eating. But if you're like me a lot of times I just need the idea behind a recipe and then I modify it to my taste.

Me being a foodie, will say that this book definitely made a difference in my & my gf life. It helps me to make the right decisions without going to those nasty fast food places all the time. In fact, I'm the cook now lol. This book is loaded with decent recipes that are delicious without all the crap. I have The original, quick & easy, the 30 day is by far the best for a month worth. Worth getting this book if you want a couple of new ideas that are fairly healthy & better alternatives.

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