

As Seen on  
New York Times  
Bestseller

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NBC

# BIGGEST LOSER COOKBOOK

More Than 125 Healthy, Delicious Recipes  
Adapted from NBC's Hit Show

Chef Devin Alexander and *The Biggest Loser* Experts and Cast with Karen Kaplan  
Foreword by Bob Harper and Kim Lyons

## THE BIGGEST LOSER

On *The Biggest Loser*, NBC's unscripted hit show, overnight contestants shape up, undergoing dramatic weight-loss transformations. Millions of inspired viewers have wondered how they do it and have asked, "What are they eating?" In *The Biggest Loser Cookbook*, Chef Devin Alexander and the *Biggest Loser* experts and cast members reveal their favorite healthy recipes. With more than 125 guilt-free, flavorful recipes, this cookbook shows that healthy eating and successful weight loss don't mean giving up your favorite foods.

- Start the day off right with a Sausage, Egg, and Cheese Breakfast Sandwich, Seth's Flexita Frieded Eggs, or Sharon's Apple-Chicken-Meatloaf.
- Cut cravings with healthy snacks such as Ryan's Ground Turkey Nachos, Tami and Collie Sausage and Mushroom Pizza, or Roasted Red Pepper Dip.
- Soothe your hunger with a California Bacon Burger, Matt's "Stop It Together" Turkey Quinoa Sandwich, and Pork and Black-Bean Verde Stew.
- Indulge in rib-tickling comfort foods like Wheeling "Fried" Chicken, Big Reddy's Almost-Famous Shrimp Fajitas, and Amanda's Cherry Eggplant Lasagna.
- Dress up main meals with Not-Really-Fried Rice, Thai Ground-Chicken Salad, and Dori Chopped Salad.
- Satisfy your sweet tooth with Peanut Butter-Garlic Cookies, One-Serving Chocolate Cheesecake, and Lisa's Frozen Grandmama.



Better Blueberry Pancakes

Now get started—fight fat with these healthy recipes and become the Biggest Loser!

125 RECIPES

Cover design by Chris Shoup

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\$15

# Biggest Loser Food Guide And Recipes Prevention



**G Orfield**

## **Biggest Loser Food Guide And Recipes Prevention:**

## Whispering the Techniques of Language: An Mental Quest through **Biggest Loser Food Guide And Recipes Prevention**

In a digitally-driven earth wherever screens reign great and immediate connection drowns out the subtleties of language, the profound techniques and mental nuances hidden within words frequently move unheard. However, located within the pages of **Biggest Loser Food Guide And Recipes Prevention** a fascinating literary treasure blinking with fresh emotions, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within the very cloth of every word. Within the psychological depths of this moving review, we can embark upon a sincere exploration of the book is core subjects, dissect its interesting publishing style, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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