



# **Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories**

*Marlene Koch*

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# Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories

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**Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories** Marlene Koch

The hardest foods to give up are the ones you love best – but Marlene Koch says, “you don’t have to!” Marlene Koch, author of the bestselling cookbook *Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat and Calories*, has been dubbed a “magician in the kitchen” when it comes to slashing sugar, calories and fat, but never great taste—and here she delivers with over 200 brand-new super satisfying guilt-free recipes (under 350 calories) that everyone will love!

Here Marlene delivers MORE—with amazing recipes that are not only healthier but more delicious than ever! More comfort foods like Sour Cream and Onion Smashed Potatoes and Macaroni and Cheese Muffins, more restaurant classics like Chicken Fettuccine Alfredo (330 calories versus the usual 1,400!) and P.F. Chang-Style Mongolian Beef, more slow cooker recipes like Lazy Day Lasagna, more quick ‘n’ easy recipes like 15-Minute Shrimp Fettuccine and Quick-Fix Carmelized Onions, and LOTS more desserts including her Amazing Pecan Pie Cups (with under a teaspoon of sugar in each!), Raspberry Oat Bars, and 90-Calorie Chocolate Cupcakes.

**“Marlene’s quick and easy, fool-proof recipes are perfect for everyone and every diet!”**

Every recipe comes with complete nutrition information including **Weight Watcher Point Comparisons**, **Diabetic Exchanges** and **Carb Choices**, making *Eat More of What You Love* the perfect companion for weight loss and diabetes diets. You’ll also find more options than ever for sweeteners, gluten-free eating, and delicious guilt-free menus.

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