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The Looneyspoons Collection Janet Podleski, Greta Podleski, 2012-11-15 Lick your lips and shrink your hips with The Looneyspoons Collection jam packed with the best of the best Janet Crazy Plates a James Beard Foundation Award finalist and Eat Shrink hundreds of practical weight loss anti aging and healthy living tips and of course a heaping helping of Janet Greta's trademark corny jokes and punny recipe titles

Looneyspoons Janet Podleski, Greta Podleski, 1997 Who says low fat food has to be tasteless unappealing and boring No weigh Looneyspoons is a refreshingly unique low fat cookbook with a spunky personality that's destined to make you look at healthful eating in a different light Using an innovative and somewhat wacky presentation style to take the intimidation and confusion out of healthful eating sisters Janet and Greta Podleski show you how to make it easy and fun With over 300 cartoons plenty of humor bite sized chunks of useful lifestyle information the Podleski sisters put aside their Sizzling Rivalry their fantastic chicken and potato recipe and show you how to prepare such fascinating dishes as Manicotti Overboard Chili Chili Bang Bang Chip Chip Hooray Sinnamon Apple Muffins Miss American Thigh Jurassic Pork Roast Looneyspoons is more than just a cookbook Janet and Greta share useful common sense strategies to help you adopt and maintain a healthy lifestyle You'll learn how to make smarter food choices at home at the grocery store and at restaurants So Hail a Cabbage or Say Cheesecake Either way just get looney and indulge yourself in a hefty serving of laughter healthy living has never been so much fun About the Authors Janet and Greta Podleski put everything into this book literally They quit their jobs sold their cars and Janet even parted with her wedding dress at a yard sale she did keep her husband With support and advice from Dave Chilton author of *The Wealthy Barber* the Podleski sisters and Looneyspoons are well on their way to impacting millions of North Americans eating habits and funny bones

One Smart Cookie Julie Van Rosendaal, 2004-01-01 Presents low fat renditions of favorite cookie recipes including such treats as triple chocolate chunk cookies and cheesecake brownies as well as tips on low fat baking guides to ingredients and nutritional strategies

How to Prevent Your Stroke J. David Spence, 2006 Live saving advice is given for those at risk of their first stroke and those who have already had a mini stroke the 1 risk factor facing survivors

Crazy Plates Janet Podleski, Greta Podleski, 2000 The Looneyspoons sisters are at it again In a whirlwind of cooking and laughing up a storm they've whipped up a brand new batch of recipes so insanely good and good for you that you won't miss the fat

The Right Moves Tina Schwager, Michele Schuerger, 1998 Explains how girls can achieve total fitness by focusing on three broad areas developing a positive self image choosing nutritious foods and exercising regularly

The Publishers Weekly, 1999

Canadian Books in Print. Author and Title Index, 1975

Small Press, 1997

Pick-A-Party Cookbook Patty Sachs, 1998-08-01 Menus recipes and serving suggestions for 101 theme parties

Feel Nifty After 50! Jo Peddicord, 2000 Zillions of ideas from banishing the blues to keeping age out of image help all women grow young We can look and feel nifty after 50 when we know how to stimulate creativity stay fit put sparkle into your personality and beauty into appearance Forget age forget old modes Design a new life

and image We need newness now more than ever What s new with this edition Solo dining and traveling how to beat the blues epidemic a cost free first aid kit and much more Nifty shows you how to decorate your life with flowers of fulfillment It s important to your happiness and well being Do it **From Couch Potato to Baked Potato** Jon Dald,1998 Canadian Books in Print 2002 Marian Butler,2002-02 *Canadian Periodical Index 1998* ,1999 *Цельная жизнь для женщин. 8 стратегий, которые наполнят смыслом каждый ваш день* Лес Хьюитт,Фрэн Хьюитт,2022-07-21 8 PDF A4
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