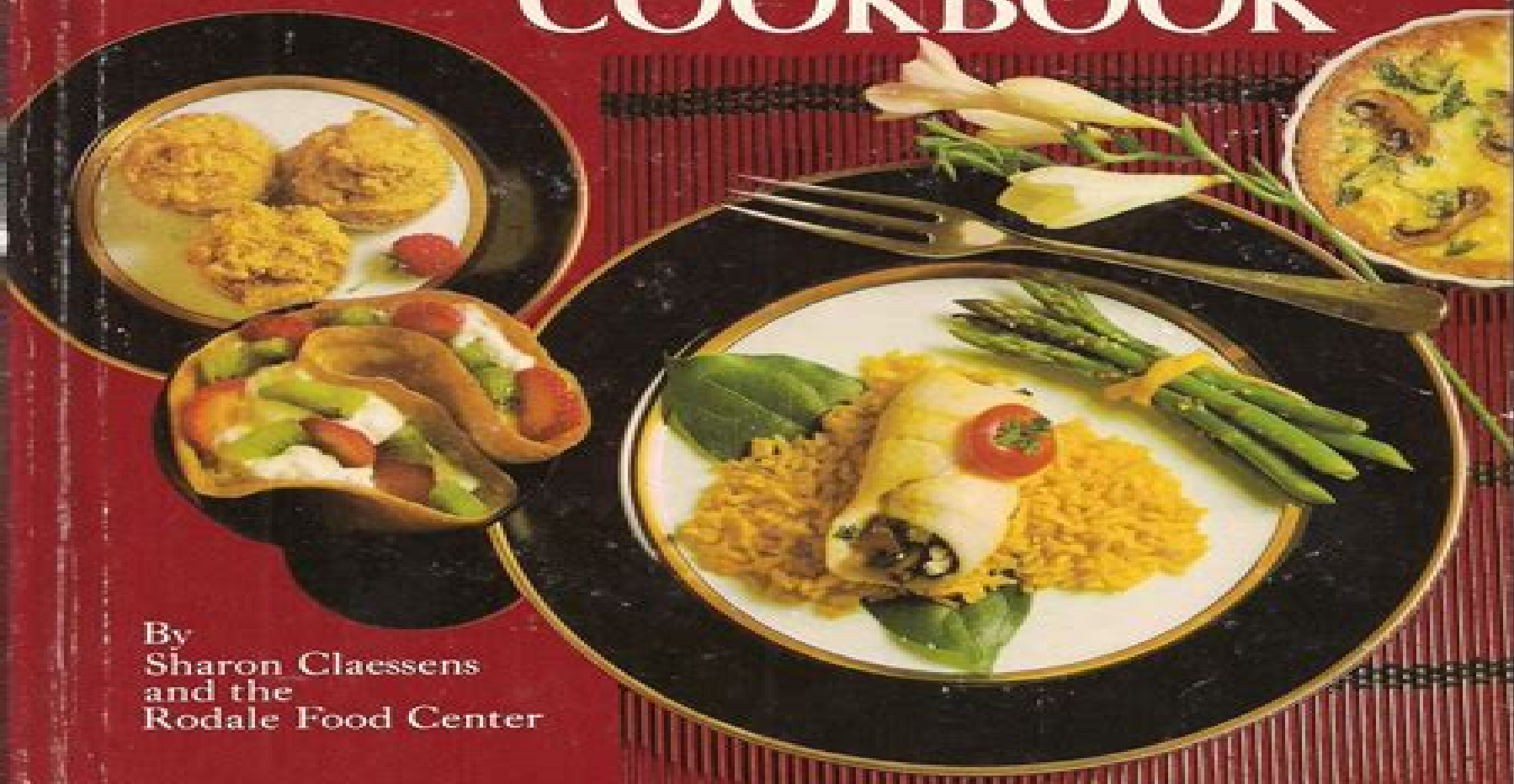


# THE LOSE WEIGHT NATURALLY COOKBOOK



By  
Sharon Claessens  
and the  
Rodale Food Center

# Lose Weight Naturally Cookbook

**Alison Ince**



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**The Lose Weight Naturally Cookbook** Rodale Food Center,Prevention Magazine Health Books,1993

**Instant Loss Cookbook** Brittany Williams,2018-10-02 THE INSTANT NATIONAL BESTSELLER Brittany Williams lost more than 125 pounds using her Instant Pot and making all her meals from scratch Now she shares 125 quick easy and tasty whole food recipes that can help you reach your weight loss goals too Brittany Williams had struggled with her weight all her life She grew up eating the standard American staples fast frozen fried and processed and hit a peak weight of 260 pounds When her 4 year old daughter s autoimmune disease was alleviated by a low sugar dairy free grain free whole food based diet Brittany realized she owed her own body the same kind of healing So on January 1 2017 she vowed to make every meal for a year from scratch aided by her Instant Pot She discovered that the versatility speed and ease of the electric pressure cooker made creating wholesome tasty family satisfying meals a breeze usually taking under thirty minutes Not only did the family thrive over the course of the year Brittany lost an astonishing 125 pounds all documented on her Instant Loss blog Illustrated with gorgeous photography Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss 75% of which are recipes for the Instant Pot or other multicooker These recipes are whole food based with a spotlight on

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Cooking To Lose Weight: Pound By Pound Stephanie J. Feldman,2013-01-18 In the ever present desire to be healthy and nutritionally informed I've developed these recipes in my effort to lose weight and not deprive myself by doing so These are foods I eat and recipes I make on a regular basis that help me feel like I'm not on a diet because really who wants to live each day of their life feeling like they're missing out Stephanie Feldman is a graduate of The Institute of Culinary Education in New York City NY

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