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# Looneyspoons Lowfat Food Made Fun

**Michael Hoelscher**



## **Looneyspoons Lowfat Food Made Fun:**

**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 **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 **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 **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 Publishers Weekly**, 1999

**Canadian Books in Print. Author and Title Index**, 1975 *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 *Small Press*, 1997 **Canadian Books in Print** 2002 Marian Butler, 2002-02 *From Couch Potato to Baked Potato* Jon Dald, 1998 *Pick-A-Party Cookbook* Patty Sachs, 1998-08-01 Menus recipes and serving suggestions for 101 theme parties *Canadian Periodical Index* 1998, 1999 *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

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