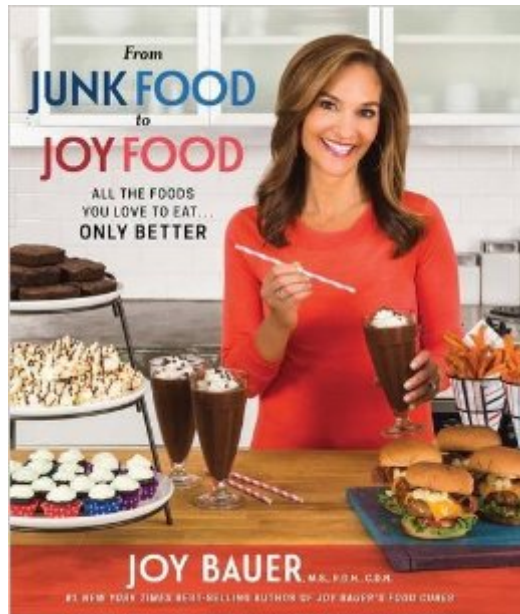


The book was found

From Junk Food To Joy Food: All The Foods You Love To Eat...Only Better



Synopsis

We all want to look and feel better, but whereâ€™s the fun in nibbling on boring salads and choking down steamed broccoli? Itâ€™s tough sticking to a diet when youâ€™re craving barbecue ribs, fettucine Alfredo, vegetable lo mein, and chocolate milkshakes. But best-selling author and TODAY show nutrition expert Joy Bauer is fresh from her kitchen with news for you: You can have your cheesecake and eat it, too! In these bright, colorful pages, Joy shares how you can drop the calories in your most fattening favoritesâ”without compromising flavor. With a few simple tricks, she transforms a bacon cheeseburger from a whopping 1,100 calories to a mere 425 . . . and General Tsoâ€™s Chicken from an alarming 1,000 to a slimming 260.Â From Boston cream pie to spaghetti and meatballs, mint chocolate chip ice cream to Buffalo wings with creamy bleu cheese dip, Joy takes the most decadent treats from fat to fit. Want to give a BLT some TLC? Joyâ€™s take on this classic comfort food could save you 35,000 calories annuallyâ”with the potential to drop 10 pounds! Featuring more than 120 recipes and oodles of gorgeous photos, From Junk Food to Joy Food has you covered from sun up to late night: breakfasts, dips, soups, sides, suppers, pizzas, pastas, desserts, mocktails, and more. Donâ€™t deny yourself the flavors you loveâ”learn to make them with joy! Â

Book Information

Hardcover: 276 pages

Publisher: Hay House, Inc.; 1 edition (February 23, 2016)

Language: English

ISBN-10: 140195037X

ISBN-13: 978-1401950378

Product Dimensions: 7.9 x 0.9 x 9.4 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (266 customer reviews)

Best Sellers Rank: #4,236 in Books (See Top 100 in Books) #26 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #59 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

This is a rather interesting cookbook: the premise is to take the junky food we like (things like pop tarts, cheez its, potato salad though no brand names are used) and with a few simple changes, create healthier alternatives. Author Bauer wisely avoids altering them too much - we're not talking

perfectly healthy here. But this is a case of small changes making a decided difference over time. The book breaks down as follows: Chapter 1: Better For You Breakfasts; Chapter 2: Delicious Dips and Appetizers; Chapter 3: Scrumptious Soups and Sandwiches; Chapter 4: Slimming Sides, Salads, and Dressings; Chapter 5: Simple Satisfying Suppers; Chapter 6: Palate Pleasing Pizzas and Pastas; Chapter 7: Decadent Desserts; Chapter 8: Creative Cocktails, Mocktails, and Beverages. Conversion charts, index. The book is beautifully presented with easy to use recipes and bright, colorful photographs. Each recipe has a picture/description of the original 'less healthy' version (the 'junk food') and then a healthier recipe alternative (the "joy food"). But this is a recipe book based on calories, not necessarily health. E.g., many of the recipes remove egg yolks - which brings the calorie count down but doesn't, in my opinion, necessarily make the meal healthier. Other recipes just use skim milk products over heavier cheeses and creams. E.g., macaroni and cheese is never going to be healthy - but replacing cream and butter with reduced fat cheese and less butter makes for a better alternative (and takes the calories from 1300 to 400). Nutrition information, serving size, alternatives/twists are also included. This book is a compromise between a healthy lifestyle and junk food bonanza.

I've lost 299 pounds and I'm currently in a successful maintenance mode. I eat well--and only things I truly enjoy, but my biggest challenge has been increasing the variety of my choices. Enter Joy Bauer's latest book--and wow, here's the variety I was looking for in my food plan. Joy's food philosophy as it applies to weight loss and simply taking better care, in general, mirrors not just my thoughts--it mirrors my experience. Joy is spot on. I'm looking forward to learning a lot from her work! Make it easy, make it healthier, make it taste incredible--and I'm there, every time. And that's exactly what she does with this book. The first recipe I tried was Barbecue "Ribs." I chose this one for a reason. Several years ago, after learning of the BBQ Rib menu at a special function I was set to attend, I did my calorie counting research and was absolutely appalled at what I found. One single rib, depending on size, could be anywhere from 250 calories to 450 or more---for one rib!!! It didn't fit into my calorie budget at all. So I declined the ribs on that occasion. And on every other occasion since...Because it was that night--over six years ago, I declared ribs off limits simply based on calorie value. I concluded there would never be a circumstance worth the caloric investment required for BBQ Ribs. Until now. Joy wrote, "I totally rethought ribs." And now, thanks to her, I have too!!! I couldn't find a sugar free BBQ Sauce, so I made my own.--and following Joy's recipe, the double serving (8oz) of "ribs" checked in at a very manageable 389 calories. I'm impressed. The "ribs" were incredibly delicious--with all the taste of meaty-dripping with sauce, ribs.

[Download to continue reading...](#)

From Junk Food to Joy Food: All the Foods You Love to Eat...Only Better Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Genetically Modified Foods : Banned By Other Countries but is a main staple of our diet! (Genetically modified organisms, Gmo, Food that ruin your life, ... Foods, organic food, Food addiction Book 1) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart) The Negative Calorie Diet: Lose Up to 10 Pounds in 10 Days with 10 All You Can Eat Foods The Starch Solution:Â Â Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good! If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) 500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy All My Love, Detrick: A Historical Novel Of Love And Survival During The Holocaust (All My Love Detrick Book 1) Hawaii Food Guide: Unique Foods From Hawaii You've got to try (Locals and Vacation Tourists, Paradise, Asian Food, Polynesian Food, Hawaii Diet) Now Eat This!: 150 of America's Favorite Comfort Foods, All Under 350 Calories Junk Tie In (Puffin Teenage Fiction)

[Dmca](#)