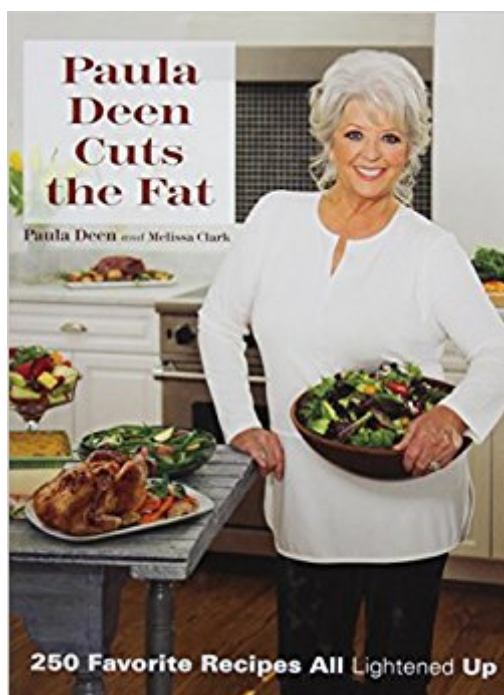


The book was found

Paula Deen Cuts The Fat: 250 Favorite Recipes All Lightened Up



Synopsis

Paula Deen has lost over 40 pounds and has maintained her weight loss for over two years by swapping out ingredients to reduce fat and calories. Paula's key to weight loss is moderation and accountability and one day a week she still enjoys good old southern cooking with biscuits and all. Only now she will have one biscuit instead of three. One does not have to give up taste when reducing calories and these recipes are a testament to that. Paula shares 250 of her favorite recipes lightened up. This brand new cookbook presents lightened up versions of fifty of her classic southern recipes and presents new recipes that cuts the calories but not the delicious taste. Including:- The Lady's New Cheesy Mac- New Savannah Gumbo- Flourless chocolate cake- Beaufort Shrimp Pie- Nutty Sweet Potato Balls- All-New Peach Cobbler

Book Information

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Best Sellers Rank: #28,084 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South #56 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #124 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

PAULA DEEN, Culinary icon and queen of Southern cooking, Deen is a self-made success story who learned the secrets of Southern cooking from her grandmother. Deen's first business, The Bag Lady, started her successful career and led to the opening of her first restaurant, The Lady and Sons, with her two sons Bobby and Jamie five years later. In addition to her success on TV and with her restaurant, Deen is a two-time Emmy award winner and the author of 14 cookbooks that have sold more than 11,000,000 copies. Paula's magazine Cooking with Paula Deen celebrates it's 10th year and has over 3 million readers. In 2014, Deen launched the Paula Deen Network, an interactive digital cooking network that combines cooking, lifestyle and game shows with great

recipes, meal-planning tools and more. Paula's social media fan base exceeds six million strong.

These may be "reduced fat" recipes but in true Paula fashion, almost everything still has a ton of butter and something I HATE: mayonnaise. Some good ideas in here though. I wouldn't count on this being a one-stop solution to weight loss by any means, but it's okay if you're on a diet to throw the occasional meal into the mix out of this cookbook.

I love Paula and am glad that she created a cookbook with "cut the fat" recipes. The only thing that I feel is missing from this book is the list of nutritional information for each recipe such as % grams of fat, carbs, fiber, sugar, and protein.

Really wish she had included nutritional information for each recipe. Kind of thought that'd be a given since it's a diet cookbook.

Thank you Paula!!! I bought an air fryer and they said spray the top of your food with oil of course not being a real cook I thought they meant like Pam or something. Wrong! Thank you Paula your book has me cooking like a pro in less time and much less heat. Oh and way less calories.

Always like Paula's cookbooks, so this one is a added pleasure. Great recipes as usual but with cutting calories. Would recommend as a good addition to a cookbook library.

This cook book contains numerous great recipes that have been modified from the overload of fat and sugar...good selection of recipes and I would recommend to anyone who wants to cut calories but still maintain tasteful nourishing meals.

Wonderful recipes from Paula Deen! Can't wait to try more of them! Speedy service and as always, Paula gets 5 stars!

Just received this a few days ago so I haven't had a chance to try any of the recipes yet, but I was very disappointed to find that there is no nutrition information at all. As someone who is counting calories and fat grams every day, not having the nutrition information makes it so much harder!

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Paula Deen Cuts the Fat: 250 Favorite Recipes All Lightened Up Paula Deen's The Deen Family

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