



Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories

Marlene Koch

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The hardest foods to give up are the ones you love best - but Marlene Koch says, "you don't have to!" Marlene Koch, author of the bestselling cookbook *Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat and Calories*, has been dubbed a "magician in the kitchen" when it comes to slashing sugar, calories and fat, but never great taste-and here she delivers with over 200 brand-new super satisfying guilt-free recipes (under 350 calories) that everyone will love! Here Marlene delivers MORE-with amazing recipes that are not only healthier but more delicious than ever! More comfort foods like Sour Cream and Onion Smashed Potatoes and Macaroni and Cheese Muffins, more restaurant classics like Chicken Fettuccine Alfredo (330 calories versus the usual 1,400!) and P.F. Chang-Style Mongolian Beef, more slow cooker recipes like Lazy Day Lasagna, more quick 'n' easy recipes like 15-Minute Shrimp Fettuccine and Quick-Fix Carmelized Onions, and LOTS more desserts including her Amazing Pecan Pie Cups (with under a teaspoon of sugar in each!), Raspberry Oat Bars, and 90-Calorie Chocolate Cupcakes. **"Marlene's quick and easy, fool-proof recipes are perfect for everyone and every diet!"** Every recipe comes with complete nutrition information including **Weight Watcher Point Comparisons, Diabetic Exchanges and Carb Choices**, making *Eat More of What You Love* the perfect companion for weight loss and diabetes diets. You'll also find more options than ever for sweeteners, gluten-free eating, and delicious guilt-free menus.

Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories Details

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From Reader Review Eat More of What You Love: Over 200 Brand-New Recipes Low in Sugar, Fat, and Calories for online ebook

Julie says

If you are looking for fast, easy, healthy food choices, this is the cookbook for you. The crock pot lasagne is to die for and I love the PF Chang's style Mongolian Beef. Marlene spoke at a recent author event at READ Booksellers where I work and she was AMAZING. She knows her stuff. You can visit her website and get additional, personalized help with diet plans, menus, etc. She answers all her own email and responds herself to queries on her blog and Facebook page.

Diana Gotsch says

Didn't use it as much as I hoped to. My fault. When I picked it up at the library I didn't look at it closely enough. I'm interested in low fat/low calorie cooking so the title caught my eye. Did not realize it was primer for Splenda. I try to avoid using artificial ingredients as much as possible.

Victoria Shepherd says

Fantastic book, filled with lots of easy to make recipes, tips, and even menus! Very organized and love the inclusion of the nutritional information for each recipe, including Weight Watchers' Points.

Jenni says

Great recipes. Recipes fit Diabetic lifestyle.

Sarah says

I want to try many of the recipes from this cookbook. I would have given it 5 stars, but the sweet recipes all call for fake sugar, which I don't eat.

Diane says

awesome awesome awesome!!!!

Rachel says

Another wonderful cookbook from Marlene Koch! Recipes are easy to make, healthy, and taste great. The chocolate peanut butter filled cupcakes are to die for! I highly recommend for anyone who wants some healthier recipes that do not compromise taste.

Pamela Otano says

Finally a cookbook for those that want to eat good and healthy

A lot of books have recipes that have zero fat, zero carbs, etc and zero flavor. This is a compromise and I (and my 16 and 17 year old boys and hubby) loved everything I cooked so fat..esp the quiche. Buying all her cookbooks. Oh, and this is great on Kindle..not a simple copy of a paper book but good pictures and click-through etc.

Kevintipple says

Most cookbooks don't offer nutritional information or suggestions on how to cut calories, fats, salt, etc., from the recipes. The books normally don't have suggestions on how to make healthy versions of the dishes in the book. Eat More of What You Love: Over 200 Brand- New Recipes Low in Sugar, Fat, and Calories by Marlene Koch is not one of those kinds of cookbooks. This is a cookbook designed for those of us who do need to watch what we eat.

The first thirty pages are all background information on the book and health. Calories, fats, carbs, sugar, etc. are explained in easy to understand language and how they were dealt with in this book. So too are topics such as meal planning vice "The Plate Method" or "Meal Planning with Calories," counting carbs, food exchanges, and the role of various ingredients in the dishes. With the basic background information out of the way it is on to the recipes.

Starting on page 32 with "Super Sippers, Smoothies, and Shakes" drinks of all types are covered. "Cherry Lemonade Freeze" (pages 36-37) and a "Frosty Caramel Frappe" (page 43) that is built along the lines of the more famous one at McDonalds are just two of the fourteen drinks listed here. Each recipe has a small intro, a list of ingredients and instructions, and complete detailed information for each a serving of the item. When appropriate there is also nutritional information on the original version at the fast food place or restaurant further highlighting the huge difference between the cookbook version and the original. Pictures are also present for many items throughout the book.

If breads are your thing you will find them starting on page 52 in "Fresh Baked Breads, Muffins, and Coffee Cakes." There are twelve recipes in this section including ones for "Triple Lemon Blueberry Muffins" (page 55), "Cream Cheese Filled Pumpkin Muffins" (pages 56-57) and "Chocolate Chip Quick Cake" (page 70) among others. On her Bran-ana Nut Mini-Loaves recipe (page 63) the author points out that while her recipe has 120 calories per serving; the same thing at Starbucks is 180 calories per serving among other issues with sugar and carbs.

“Breakfast and Brunch” come next with sixteen more recipes. From “Grab ‘n Go Oat Bars” (page 73) to the “Denver-Style Egg White Melt” (page 77) to something for brunch such as “Chile Relleno Casserole” (page 83) among others there is something here to make the morning better. Those who love Quiche should check out one of the author’s most requested recipes “Quick N’ Easy Quiche” on pages 84-85.

That is followed by “Appetizers and Small Bites” starting on page 93. This is when you go for “Creamy Fruit Dip” (page 96), “James’ Pepperoni Pizza Puffs” (page 105), “Awesome Nacho Quesadilla” (page 109) and “Cheesy Chili Nachos” (pages 112-113) among others. One of the neat things in this book is the fact the sodium counts are tracked and compared in these dishes. Something virtually important to folks like me who really have to watch their salt intake as it has huge consequences with high blood pressure.

Soups and Sandwiches comes next with “Super Soups and Sensational Sandwiches” starting on page 114. Seven soup recipes and one for chili lead off the section before it goes into the eleven sandwiches of various types such as “Western Chicken Bacon Cheese Sandwiches” on pages 134-135. A nice inclusion in this chapter is a chart featuring various processed tomato based products and their salt content per serving size. Also mentioned here is the tip that eating more potassium by way of potatoes, bananas, spinach, etc. will mitigate some of the sodium intake.

Salads in the form of sides and as an entrée are the focus of “Best Dressed Salads” starting on page 143. “Good Ol’ Iceberg with Classic French Dressing” (page 145) leads off the section before moving on to others such as “Lime-Cottage Cheese Jell-O Salad” (page 149), “Creamy Ranch Slaw” (page 152), “Quick ‘n Healthy Taco Salad” (page 164) and others. I hoped to see a Blue Cheese dressing version as that happens to be my favorite, but, no such luck.

Slow cookers seem to be popular again as there are now a number of brand new recipe books on the market. They get a chapter here featuring thirteen recipes in “Slow Cookers Favorites.” Starting on page 166 and besides featuring more chili recipes there are ones for “Barbecue Pulled Pork” (pages 170-171) and “Fast Fix Ratatouille” (page 182) among others. Also included in this section are tips on how to get the most out of your slow cooker.

“Pastas, Pizzas, and More” comes next with an extension variety as well as tips on cheese. Whether you want “Cajun Jambalaya Pasta” (page 190) or “Quick-Fix Turkey Chili Mac Skillet” (page 197) or “Pizza Pasta Pie” (pages 204-205) variety is present in this chapter as well as throughout the book. Also present in this chapter is a recipe for “Homemade Pizza Dough” (page 206) and tips on how to create better tasting pizzas. Something that remains an issue here as the boys seriously question my pizza making abilities.

“Sides That Make The Meal” comes next starting on page 210 with nineteen recipes. This is where you go for “Sautéed Cabbage, Onions, and Apples” (page 220), “Fiesta Lime Rice” (pages 228-229), and “Everyday Garlic Roast” (page 235) among others. Yes, for you cornbread lovers there is “Cheesy Skillet Cornbread” on page 234 and it works for muffin cups too. Also tips on how good potatoes are for you and other good information are here.

If you are looking to do something different with chicken you have fourteen choices in “Fast and Fit Chicken Dishes.” Starting on page 238 with “Good ‘n Easy Garlic Chicken” (page 238) you could follow up on another night with “Chicken Chicken Fried Steak with Cream Gravy” (pages 240-242) or “Super Simple Chicken Pizzaiolo” (page 250) among others.

The chicken ones are followed by the sixteen recipes of “Lean Beef, Pork, and Fish” section that starts on page 258. “East Meets West Salisbury Steak” (page 261), “15-minute Maple Glazed Pork Chops” (page 268)

and “Shrimp Scampi” (page 273) among others are here. Of interest is the text and chart on page 259 detailing the calories, fat, cholesterol, etc., of various three ounce beef servings.

Desert is important and comes next in “Pies, Puddings, and Specialty Desserts.” Twelve recipes are here including “5-Ingredient Dark Chocolate Soufflés” (pages 298-299) and “Fresh Peach and Blueberry Cobbler” (pages 296). Of course, desert is not limited to pies and puddings.

If cookies and cakes are your thing you have twelve choices in “Homestyle Cookies and Cakes.” After extolling the wonders of chocolate on page 302 it is on to “Snickerdoodle Softies” (page 303), “Raspberry Oat Bars” (pages 306-307) and “Unbelievable Chocolate Cake” (page 317) among others.

Cupcakes get their own special section with the appropriate title “Cupcakes, Cupcakes, Cupcakes!” Perennial favorites of many, “Red Velvet Cupcakes” (pages 320-321) lead off this twelve recipe section that also includes recipes for frostings and one glaze.

A four page menu guide for various situations, an acknowledgement page, and an eleven page index bring the book to a close.

Written by a dietitian, *Eat More of What You Love: Over 200 Brand- New Recipes Low in Sugar, Fat, and Calories* is a cookbook designed to deliver taste and satisfying cravings. The recipes as well as the photography work by Philadelphia based Steve Legato creates a unique cookbook that is beautiful and practical. Featuring over 200 recipes and plenty of variety this is a cookbook designed to make eating fun and satisfying and healthy too.

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Running Press Book Publishers

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Kevin R. Tipple ©2013

Author of the e-book short story collection *Mind Slices* available at Amazon, Barnes and Noble, and Smashwords in a variety of formats.

Contributor to the *Carpathian Shadows, Volume II* anthology available in print and e-book.

Book Reviews and More <http://kevintipplescorner.blogspot.com/>

Kaycee1976 says

I love this cookbook! I can't wait for her third one to come out!

Lori says

I'm looking forward to really getting into the recipes in this book, but from what I've seen so far it is fantastic. The recipes are simple, with not a lot of strange ingredients that you will only use once. You will probably have most everything already on your shelf at home. There are so many recipes on my "to try" list that it will take me a year to get through them all!

Rachelle says

Eat More of What You Love... a good variety of recipes and nutritional information. I purchased this for my diabetic mother who is always looking for new tasty and healthy recipes. It has a good variety of unique recipes and some trusty favorites as well as excellent photography.

Ray says

This cookbook is the second of a series by Marlene Koch with "Eat What You Love" and "Eat What You Love Everyday" and sticks true to the promise for recipes that are low in sugar, fat and calories. Unlike a number of cookbooks that my wife and I have bought or checked out from the library, Koch's cookbooks have provided us with tasty and nutritious recipes that we have added to our arsenal of tried-and-true menu plans.

My wife and I have yet to try a recipe from the three volume collection without saying it was not only a "keeper recipe" but better than the previous recipe. These books don't sit on our shelves very long because each week we have pulled down all three to decide on one new entree to be made. Tonight's "Chicken Pizzioli" recipe from one of the Marlene's books was no exception.

We would encourage you to check out these cookbooks by Marlene Koch in the "Eat What You Love" series because we are so glad that we found them and are using them frequently. Whether you agree or disagree with me, I would like to read your reviews of the books and recipes.

Carrie says

this is another book where I wish we could give half stars. For me, this book didn't introduce a wealth of new

ideas, and I was disappointed by the reliance on artificial sweeteners. That said, I have tried several of the recipes, mostly for the savory dishes(Lazy Day Lasagna!), and they have been great. The recipes are straightforward, easy to follow and clearly well tested, and they work just like they are supposed to. While I didn't walk away with a ton of new ideas, I did get a handful of new recipes and I would definitely recommend this cookbook and its predecessor for cooks who find themselves needing to make a radical change to their diet for health reasons, or for anyone who is just learning how to cook healthy.

Kelly Shank says

Absolutely fantastic recipes!!!!!!! I highly recommend this book for anyone conscious of making healthy eating choices. You DO NOT sacrifice taste in any of the recipes!!!!
