



## The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals

By Liz Vaccariello, Mindy Hermann

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**The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals** By Liz Vaccariello, Mindy Hermann

This is a cookbook that reaches far beyond listing ingredients and directions. It actually trains you how to divide your plate into perfect portions for your body and weight loss plan, spy hidden calories on the shelves at grocery stores, and equip yourself with the fundamental 400 Calorie Fix knowledge needed to maintain healthy eating habits and a healthy lifestyle.

Even if you're on a tight schedule, you'll be able to find quick menu items such as:

- A breakfast of Crêpes with Strawberries, Bananas, and Nutella or Mexican Eggs Benedict
  - Delectable lunchtime dishes like Turkey Chili Verde or Thai Beef Salad
  - Exquisite entrées such as Steamed Mussels with White Wine and Garlic, Shrimp Arrabbiata, or Golden Roast Chicken with Lemon, Garlic, and Rosemary
- Get control of your calorie intake and get control of your life with the help of the *400 Calorie Fix Cook-book!*

“Treat others the way you want to be treated” has always been the golden rule—a philosophy that should apply to your body, too! So treat it nicely and keep all of your meals at about 400 calories, and a happy, healthy weight is yours. Together with registered dietitian Mindy Hermann, coauthor of the bestselling *Flat Belly Diet!* series, Liz Vaccariello has come up with this super simple-to-follow weight loss plan that helps you eat satisfying—though smart—meals whenever you want and wherever you are.

“I never really felt like I was on a diet. I always felt satisfied, and it didn't feel like I was making too many sacrifices.”—Sandi Hill, who lost 11 pounds in 2 weeks

Whether you are pinched for time or you have all the time in the world and want to create a flavor-ful feast for your family, the *400 Calorie Fix Cookbook* will guide you in making all of the most nutri-tious and delicious decisions. From the Persian Herb Omelet to the Sicilian Pizza “Squares,” you'll learn what proteins are best served with what fruits and veggies or good-for-you fats, and you'll turn your kitchen into a five-star restaurant. Before you know it, you'll not only have mastered the recipes in this book, but will have discovered the best way to mix and match them in a way that works for you, your body, and your tastebuds!

“I know I’m moving in the right direction; I’m so much more motivated now to get healthier, both for myself and my family.” —Janet Sartorius, who lost 10 1/4 pounds in 2 weeks

Best of all, the *400 Calorie Fix Cookbook* lets you have your cake and eat it, too, as long as you follow the savory dessert recipes outlined in these pages. From Frozen Whoopie Pies to Chocolate Hazelnut Biscotti, there’s something for everyone’s sweet tooth to top off a day’s worth of other delicious 400-calorie fixes.

“I have a much greater sense of control, and it’s spilling into other areas of my life—work, home. I feel like I can do almost anything now!” —Melody Rubie, who lost 5 pounds in 2 weeks

Armed with this cookbook, you’ll be able to sharpen your 400 Calorie Lens, with easy visual cues and shortcuts to spot calories in the kitchen and grocery store, create customized 400-calorie meals, and jump-start a healthy-eating lifestyle! So what’re you waiting for?

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**The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals By Liz Vaccariello, Mindy Hermann Bibliography**

- Sales Rank: #74818 in Books
- Published on: 2011-09-13
- Released on: 2011-09-13
- Format: Bargain Price
- Number of items: 1
- Dimensions: 8.16" h x .86" w x 8.11" l,
- Binding: Hardcover
- 368 pages

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### Editorial Review

About the Author

**Liz Vaccariello** is former editor-in-chief of *Prevention* and coauthor of the *New York Times* bestseller *Flat Belly Diet!*. She resides in New Jersey with her husband and twin daughters.

**Mindy Hermann, RD, MBA**, is a registered dietitian, author, and food expert. She and her husband live in New York.

*Prevention* is the #1 healthy lifestyle brand and the largest health magazine in the United States, with a total readership of nearly 11 million.

### Users Review

**From reader reviews:**

**Margaret Stanley:**

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**George Marsh:**

Typically the book The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals will bring you to definitely the new experience of reading a book. The author's style to spell out the idea is very unique. In the event you try to find a new book to see, this book is very acceptable to you. The book The 400 Calorie Fix Cookbook: 400 All-New Simply Satisfying Meals is much recommended to you to read. You can also get the e-book through the official website, so you can more readily read the book.

**Daria Gertz:**

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