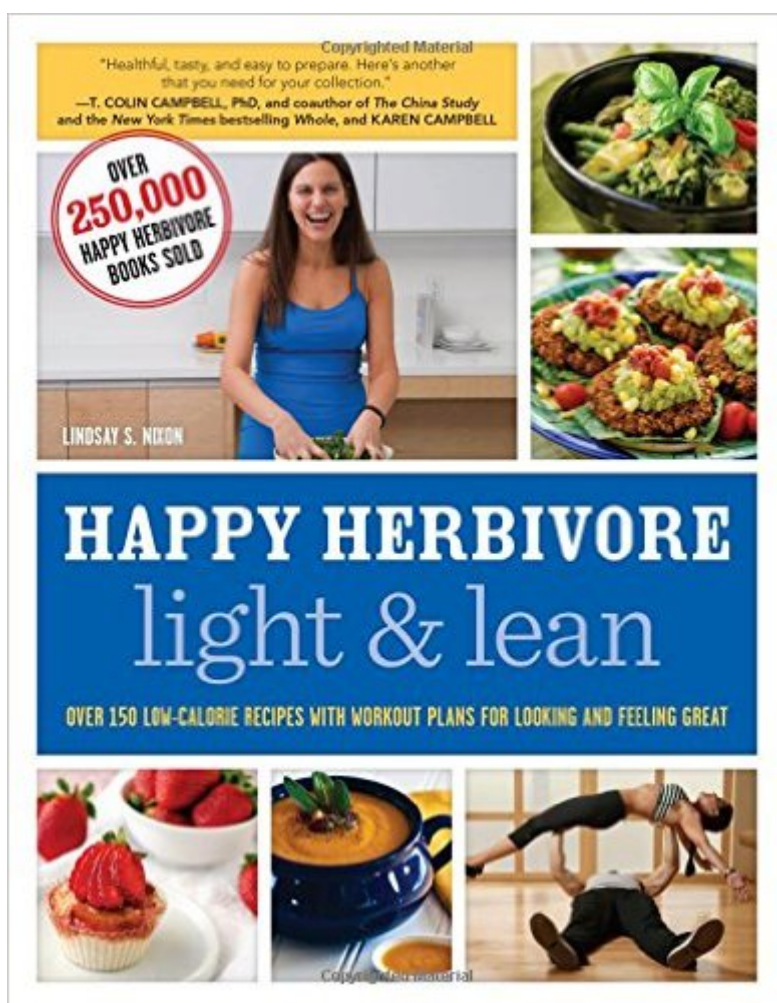


The book was found

Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes With Workout Plans For Looking And Feeling Great



Synopsis

With easy, no-fuss recipes, the bestselling Happy Herbivore cookbooks show how easy, affordable, and delicious eating healthy can be. Now, in her latest cookbook, Happy Herbivore chef Lindsay S. Nixon provides recipes that put a special emphasis on weight-loss and a set of exercises that, like her recipes, are quick, easy, and produce great results. Like all Happy Herbivore cookbooks, Happy Herbivore Light & Lean contains filling, flavorful, plant-based recipes that take 30 minutes or less to prepare. But this time, Nixon takes healthy to an all-new level, with low-calorie, satisfying meals that will help you achieve your weight-loss goals—and without deprivation. True to its title, Happy Herbivore Light & Lean also includes recipes for your body with basic workouts, plus tips and tricks that will inspire you to move more for a trimmer, more-toned you. As always, Happy Herbivore Light & Lean recipes are free from oils, processed foods, and diet chemicals such as artificial sweeteners. Happy Herbivore Light & Lean keeps it healthy, keeps it simple, and keeps it delicious.

Book Information

Paperback: 336 pages

Publisher: BenBella Books; 1 edition (December 3, 2013)

Language: English

ISBN-10: 1937856976

ISBN-13: 978-1937856977

Product Dimensions: 1 x 7.2 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (424 customer reviews)

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Customer Reviews

I have all of Happy Herbivore's cookbooks, but this may be my favorite! Like all of Lindsay's cookbooks, this is a plant based, no oil, low fat, quick-meals cookbook. The twist with this one is that it's geared to folks who might want to lose weight or achieve certain calorie targets, although the food is healthy and delicious even if you aren't. All of the meals are ginormous and filling and low calorie, even more so than her other books, which still had a lot of lean in them! Things I love in

general about this book:* Lindsay has a very positive, relatable writing style. It's like talking to a friend.* The look of the book is very bright and clean, with great graphics and color and tons of high quality photos. It is a very pretty cookbook.* All the recipes have calorie counts, nutritional details, and WW points if you need them.* I LOVE LOVE LOVE the part at the beginning where she lists which recipes are in certain calorie ranges. You can see this on the preview. It is nice because you can do your own meal planning! If you know you want a certain calorie target, you can pick things from each category to make your meal plans.* I love the recipe categories: breakfasts, baked goods, bowls and wraps (great section!), soups/stews, pastas, burgers, sandwiches/tacos, snacks, and desserts.* New snack category is awesome! I can't wait to tuck into these recipes. For appetizers, this is perfect.* I love the drink section. Some warm drinks, some cool, some cocktails. It's a nice touch from HHA and I hope it continues.* The Lean section is a great touch. The exercises are well thought out and photographed, and provide inspiration and several great ideas for how to incorporate exercise into your daily life.

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