



The Lite Lifestyle: 150 Ultra Low Calorie Recipes for Rapid Weight Loss!

By Laura Creavalle

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Laura Creavalle tackles low fat and low sugar cooking with the zeal and effort that garnered her 5 World titles in the field of bodybuilding. The Lite Lifestyle Cookbook, is her own personal collection of 150 completely fat free and sugar free recipes designed with rapid weight loss in mind. Unlike many cook books which call for a seemingly unending array of ingredients and often require complicated steps to prepare, these recipes are simple and require a small handful of ingredients to make scrumptious extreme-low calorie meals!

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Editorial Review

Review

"Laura Creavalle can help you trim down with her personal collection of competition-like recipes found in the Lite Lifestyle. -- *Southern Lite Cooking* (Aug 1998)

From the Publisher

Getting in shape, losing a few inches and shedding pounds of unwanted bodyfat is now a bit easier with The Lite Lifestyle Cookbook. Laura Creavalle, author of Muscle and Fitness magazine's Muscle Fare Column creates mouth watering recipes to help you lose weight fast! Each recipe includes the calorie, carbohydrate, protein and fat content to keep you on track helping you to tabulating how many calories your getting at each meal.

From the Author

When I was preparing for bodybuilding competitions, people always were amazed at how sane I remained during the notorious dieting phase that requires extremely low levels of body fat and those levels are only attainable through a very low calroe intake. Let's face it, getting lean requires you cut calories. You can't really expect to attain a great body eating tons of calories right? My solution was to create great tasting meals using a few tricks and a lot of creativity. I came up with 150 personal recipes that I guarantee you will love!! Plus, their so unique. Here's what you can expect: Almond Tea Ring

Oriental Seafood

Apple Cinnamon Muffins

Fish Alfredo

Irish Soda Bread

Sweet Orange Fish

Ginger Bread

Clam Cakes

Hashbrowns

Tangy Cucumber Salad

Omelettes

Zuchinni Casserole

Quiche

Stuffed Peppers

Champagne Chicken

Glazed Carrots

Spicy Chicken fingers

Eggplant Parmesan

Onion Rings

Hawaiian Burgers

Peach Pie

Pumpkin Pie

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Ryan Mendoza:

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