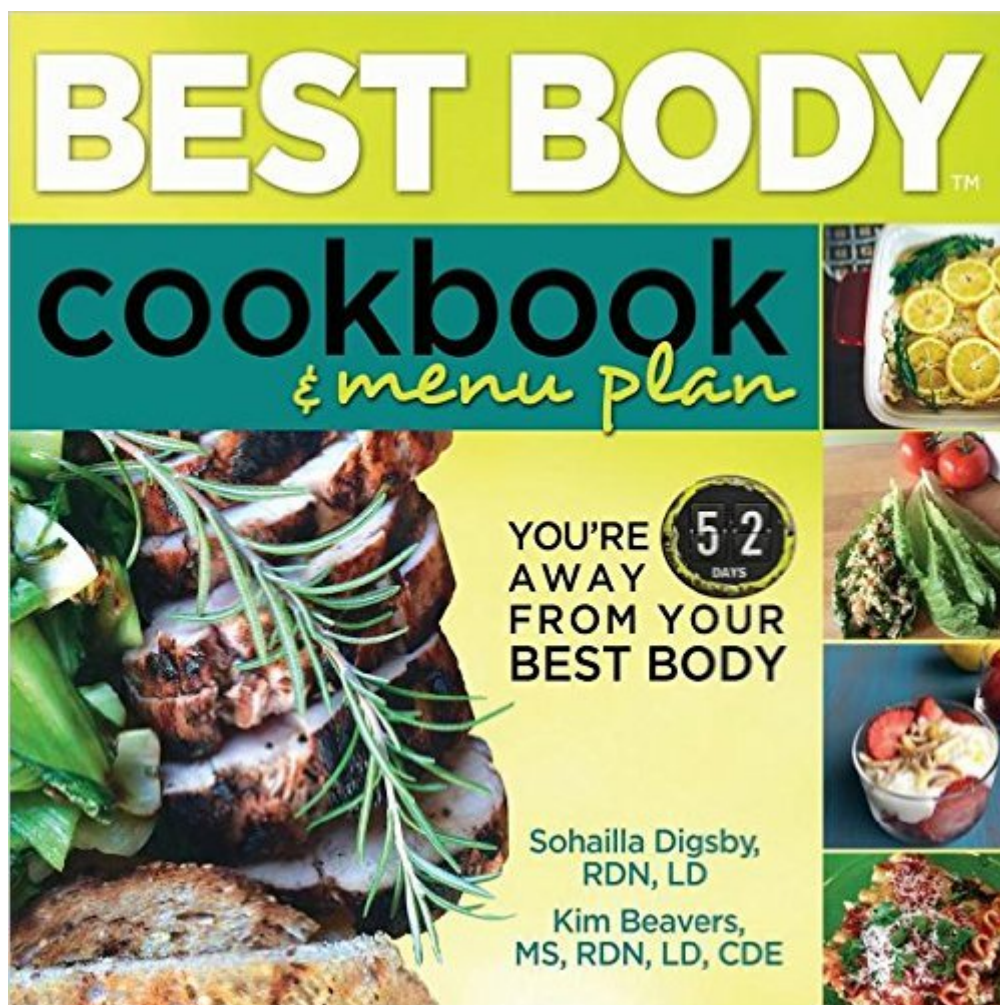


The book was found

Best Body Cookbook & Menu Plan: You're 52 Days Away From Your Best Body



Synopsis

Whether you have ambitions related to improving your body, your family time around the dinner table, or your confidence in the kitchen, this is your go-to cookbook! As dietitians with backgrounds in food and fitness, our recipes and tips focus on both your vitality and your taste buds. From on-the-go breakfasts to pre-planned dinner menus, we have thought through every detail on your behalf, keeping your budget and your busy schedule in mind. With more than 30 years of experience as dietitians between us, we are not fazed by fads or inspired by extremes. Our intention is for those who enjoy our delicious recipes to achieve and maintain their Best Bodies for a lifetime. We are grateful that so many of the "Best Body Superstars" highlighted in this book have shared their journeys with us and trust you will be inspired over the next 52 days to reach Your Best Body - both inside and out. Check out Sohailla's Countdown to Your Best Body Success Journal and support programs on bestbodyin52.com to pair with this Cookbook & Menu Plan to reach Your Best Body in 52 days! Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity. "VOLTAIRE

Book Information

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Customer Reviews

I have been cooking from this cookbook for over two weeks now. Every recipe has been delicious! My whole family has been trying and enjoying new healthy meals that they never thought they would like. I like how easy the recipes are and am surprised at how quickly I can prepare a healthy dinner after work. The cookbook makes it easy to plan for grocery shopping the week before and to

decide what's for dinner. I feel good about what I'm feeding my family and myself.

I love this cookbook!! It is a one-of-a-kind that is absolutely complete with grocery lists and nutrient values. The menu keys are so clever and I love the way it tells you if it is good for a lunch leftovers, whether the recipe is pricey, a quicker fix, or slow-cooker, or an easy meal. I always look at these before I look at the recipe. I love the suggested sides with the recipes too. I also love Kim's comments for the recipes in which she gives tips on different things you may not have thought of. This is the perfect cookbook for healthy eating and menu planning.

This cookbook is terrific! I have used it daily since receiving it a month ago. The recipes are delicious and easy to prepare, and compatible with a "clean eating" lifestyle. Written by career nutritional and fitness experts, the book offers dozens of tips to plan and prepare flavorful and satisfying meals and snacks to increase health while enjoying wonderful food!

Practical and delicious....what more could you ask for? Oh, yes the recipes and menu plan are also health promoting. This cookbook is full of recipes and meal suggestions that focus on getting more vegetables on your plate. The recipes are flavorful, practical and use a variety of quick cooking or flavor boosting techniques. My 2 favorite recipes so far are the "Perfectly Filling Quinoa Lettuce Wraps" and the "Grilled Balsamic Pork Tenderloin." The pictures and layout are also fabulous--the food is up close and personal --begging you to make it!

I love this cookbook! I'm not a fan of cookbooks, but this is MORE than a cookbook. Great, delicious recipes that are HEALTHY. Lots of advice & pointers for cooking, storing & improvising recipes. Shopping lists, simple instructions, nutritional information & interesting facts. It's fun to just pick up & read. If you are looking to make positive changes in your life/diet, this is a perfect way to start. I highly recommend to anyone. Ladies, when will you start on the next one?? Congrats! 🎉•

In a culture that is obsessed with the new and improved this could be somewhat of a disappointment for someone looking for the next new "thing." This cookbook is the common sense guide to putting good tasting, good food, on your dinner table. Sohailla is a busy woman who understands the time and financial constraints on feeding a family. This cookbook answers the question, "What does this look like?" with common sense recipes that are easy to follow and beautifully photographed. I have recommended the Best Body Countdown and the Best Body

Cookbook to countless numbers of people who comment on my weight loss. I cannot speak highly enough about the information, encouragement and common sense that make up these wonderful products. Purchasing either one or the other (the Best Body journal or Cookbook) would certainly guarantee success, but purchasing both would certainly fool proof the journey to anyone's "Best Body." This is a small investment that yields life changing and sustainable results. Thanks, Sohaila! You nailed it!

YES! I'm so loving this cookbook. Even though I have 1000 recipes saved, this one is my go-to when I want a simple, but super tasty meal. I am just cooking for two, so the left overs are great. Usually I see cookbooks that have really obscure ingredients, and it just isn't as user friendly that way. I like recipes that use basic pantry staples, something that most people will have in their pantry-not gimmicky items that are costly. The prep methods are also very manageable. I don't need fancy equipment or a half a day to make a dinner. Which is awesome because I don't get home until 5 or 6 (and I am ravenous!). The book is also visually stunning! Excellent choice of colors and simple layout. The best part? The author is a Registered Dietitian, so you know he knows her stuff:) Would make a great Valentine's day gift to a honey OR buy it for yourself and cook a delicious Valentine's Day meal (I know that's what I'll be doing!).

Not only do I love the recipes I have tried in this cookbook, but the I love the way it was put together! When I decide to cook a main meal, I often struggle with what sides would compliment the meal. This cookbook gives side suggestions that would pair well with your main dish so that your meal is perfectly balanced! No extra work is involved, and all of the nutrition information is right there on the same page, not to mention cooking tips and time-saver tips! Some of my favorites are the Penne Pasta, Southwest Salad with Pita Chips, Roasted Veggies and Orzo, and Spinach Lasagna. I have also been making the Power Parfait for my breakfast for the week-tasty, filling, and easy to take on the go. The desserts are fabulous as well and the sugar content is limited, but you would never know it! I highly recommend this book!

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