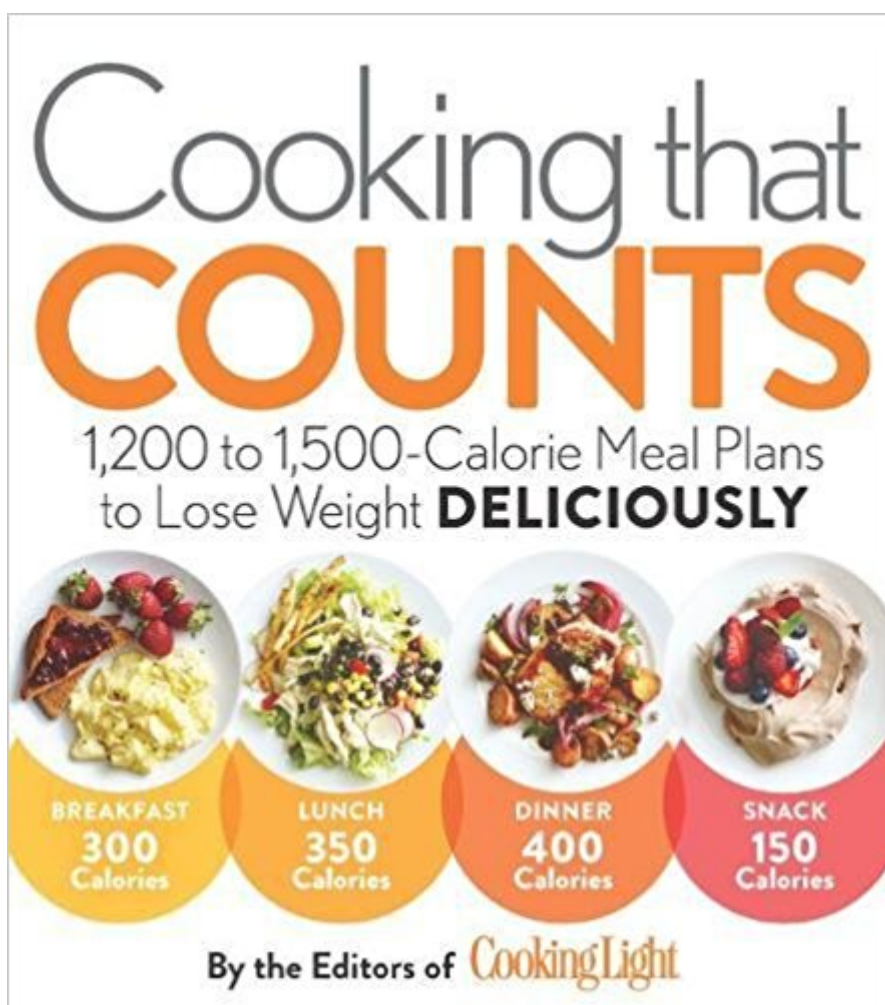


The book was found

Cooking That Counts: 1,200 To 1,500-Calorie Meal Plans To Lose Weight Deliciously



Synopsis

Lose weight and love it with 150+ amazingly tasty recipes and smart tips to stay on track. Cooking that Counts delivers sustainable 1,200-1,500 calorie-controlled meal plans packed with tasty food in an easy-to-use format. Unlike other weight-loss plans that rely on processed meals and preportioned snacks, the Cooking Light solution emphasizes delicious meals prepared with whole, natural foods and teaches proper portion sizes to ensure you lose weight and keep it off, for life. With more than 150 recipes, readers will enjoy menu variety (hopefully picking up some new favorite recipes along the way!) as well as some flexibility to enjoy desserts and alcohol while still losing weight. More than just a cookbook, the Cooking Light editors offer suggestions throughout to create full meals that meet daily calorie goals, as well as providing simple serving suggestions for sides to help readers stay on track without feeling deprived. Readers will find information about fresh, convenient options for when time is tight, including suggestions for healthy readymade foods, shopping guidance, and make-ahead tips.

Book Information

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Customer Reviews

At more than 25 years, Cooking Light is the nation's leading epicurean brand with the largest audience, most epicurean editorial, and the most recipes. Cooking Light is the only epicurean brand positioned at the intersection of great-tasting food and healthfulness, serving an important and growing consumer need. The brand delivers innovative recipes, nutrition advice, and resources to live a healthful lifestyle via its magazine, website, and portfolio of cookbooks; across all tablets; through the highly-acclaimed Cooking Light Quick and Healthy Menu Maker app; and on social

media platforms including, Facebook (Facebook.com/CookingLight), Twitter (@Cooking_Light) and Pinterest (Pinterest.com/CookingLight). Cooking Light is published by the Time Inc. Lifestyle Group, a division of Time Inc., the largest magazine media company in the U.S.

Although this book is intended for those who want to maintain a healthy lifestyle and lose weight, the recipes are really for anybody. "Cooking That Counts" guides the reader to a healthier lifestyle by encouraging the cook to prepare real food and eat realistic portions. In the text, there's a section on a list of staples that should be in everyone's pantry and another section on the 1200 calorie 30-day meal plan that provide options to increase calorie intake if desired. I made two recipes so far and will be making a third. I made the "Grapefruit, Avocado, and Prosciutto Breakfast Salad" (page 60) for one which was quick to make. It took me 30 minutes which is 20 minutes over the time specified. The first picture is of the finished dish. Please ignore the pink stuff on the plate; I had trouble sectioning the grapefruit and wound up shredding it to pieces. Those are supposed to be grapefruit sections. That's my fault, not theirs. Their picture in the book is so much better. The dish was flavorful and had an Asian flair with the addition of the sesame oil. I actually didn't like the dressing because the sesame oil is too strong and because I usually eat salad dry. Nevertheless, this was a good meal. I also made the "five-bean chili" (page 233) - see second picture attached. Note that there is no picture in the book of the completed recipe. This dish took a couple of hours for me to make if I include prep time. All the bean and tomato ingredients are canned. It even calls for pre-chopped onions but I chopped my own. I did add an additional cup of vegetable broth than called for in the recipe because after adding the kale, it did not look as if there was enough liquid. The resulting dish was flavorful with a little bit of heat. It tasted both healthy and delicious. **WHAT I LIKE**- I like that there is something for everyone in this book.- The recipes vary in size as some are for one and others are for eight people or servings.- The recipes really do not require a tremendous amount of time. Although not everything is from scratch, I consider the items that are in cans, like beans, good substitutes when one doesn't want to cook for hours or soak beans overnight. I do think it's a bit ridiculous, however, when the recipe calls for pre-chopped onion.- Some recipes are dairy free, gluten free, low carb, and vegetarian and noted as such. Also, all calorie, serving size, protein, cholesterol, etc. is noted at the end of each recipe.- Most recipes have beautiful pictures of the end result. However, note that some pictures include the recipe with additional sides. For example, pages 166 and 170 show meals that include additional calorie sides on the plate besides the recipe being made. **MY MAJOR DISLIKE** is that there are too many bar recipes for dessert (nut bars, energy bars, etc.) I hate most bars and really don't want that as a dessert. There are some

other 150-calorie snack ideas on page 245 but I also wouldn't consider this dessert. There's definitely no indulgences in the dessert section. Overall, this is a great complement to a well-stocked cooking library that is geared for the health and calorie conscious. UPDATE Dec 25, 2016 - I made the "3-ingredient pancakes" (page 48) and it was delicious. It was more like dessert to me than breakfast (see third picture). They should have called it banana pancakes since that is the main ingredient. The picture in the book and my picture include additional toppings that are not part of the 1200 calorie plan. I added blueberries, walnuts, and a little bit of maple syrup. The book's picture includes the same except they apparently use a yogurt mixture instead of syrup. Also, I did oil the non-stick griddle which is not specified in the recipe. The pancakes would have stuck otherwise and even were sticking a bit with the oil. All this adds to the calories. For those on the 1,200 calorie diet, all you would be able to eat is the pancakes without the toppings and no use of oil on the griddle.

I own a huge library of cookbooks but anything that teaches me how to think outside the box when producing great flavor without unnecessary calories, is a welcomed buy. Lots of fun ways to get your "eat on" without guilt!

Great low cal recipes I think I will actually like to eat have not had chance to use them yet but have many earmarked to try. Love the actual meal plans. Makes it so easy to track what you eat.

I use this to help me manage my calories

Fantastic recipes and easy to follow!

Good book, easy to follow.

I love this book! It is very helpful and has lots of really good low cal recipes.

Not really all I expected but there are a few good eating plans. Some recipes too adventurous for me and hubby

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A selection of planned meals from our Basic Meal Plan Collections for Type 1 and Type 2 ... fit sodium restricted meal plan guidelines

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