

Lose Weight by Eating

By Audrey Johns

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Lose Weight by Eating By Audrey Johns

Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbook—featuring more than 130 clean eating recipes and gorgeous full-color photos—from the popular weight loss blogger who lost 150 pounds in eleven months.

At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food” and taught herself to cook her favorites from scratch. Within eleven months, Audrey mastered the kitchen, began to take better care of herself, and lost more than 150 pounds—over half her body weight.

Now, Audrey shares her story, insights, and clean eating recipes to help you slim down. *Lose Weight by Eating* includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, fried chicken, nachos, meatloaf, and cookies—all bursting with flavor and fewer than 500 calories per serving. Most recipes use simple and inexpensive smart swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and husband-approved.

Imagine losing eight to sixteen pounds the first week and fifteen to twenty-five pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake bars! *Lose Weight by Eating* lets you enjoy these delights and more, such as “Jelly Doughnut” French Toast, California Club Pizza, Whole Roasted Chicken with Potatoes and Onions, Veggie Packed Lasagna, Cheddar Stuffed Turkey Burgers, Chocolate Peanut Butter Dip with Fruit, and Skinny Cheesecake with Raspberry Drizzle. Audrey also provides a handy six-week meal plan and weight loss tips to keep you motivated.

Lose Weight by Eating is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every day—and still shed those unwanted pounds.

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Editorial Review

From the Back Cover

Popular blogger Audrey Johns lost 150 pounds in 11 months by eating all the foods she loved. Now she shares her secrets to help you lose weight, too!

At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food”—frozen “diet” meals, low-cal sodas, quick-to-make boxed foods—and taught herself to cook her favorites from scratch. In less than a year, Audrey mastered the kitchen and lost more than 150 pounds (more than half her body weight), going from a size 24 to a size 4—all while pinching pennies. Now Audrey shares her story, insights, and clean-eating recipes to help you slim down. *Lose Weight by Eating* includes more than 130 mouth-watering recipes for family favorites, including pasta, scones, nachos, meat loaf, and cookies—all bursting with flavor but with fewer than 500 calories per meal. Most recipes use simple and inexpensive Smart Swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and spouse-approved.

Imagine losing 8 to 16 pounds the first week and 15 to 25 pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake! Enjoy these delights and more:

• “Jelly Doughnut” French Toast • California Club Pizza • Veggie-Packed Lasagna

• Cheddar-Stuffed Turkey Burgers • Steak Fajitas • Skinny Watermelon Margaritas

• Chocolate Peanut Butter Dip with Fruit • Skinny Cheesecake with Raspberry Drizzle

Nutritious food doesn’t have to be boring, expensive, and difficult to make. *Lose Weight by Eating* is easy to follow because there are no rules, only goals you set for yourself. Complete with a handy six-week meal plan to keep you motivated, *Lose Weight by Eating* gives you the support and kitchen confidence you need to change your life, your body, and your health.

About the Author

After losing more than 150 pounds, Audrey Johns started LoseWeightByEating.com, which has helped thousands of people. Her story has been featured on CBS’s *The Doctors* and on the cover of *Woman’s World* magazine, and she was a chef contestant on the second season of ABC’s *The Taste*. She also hosts a clean-eating video series on eHow.com, and writes food, wine, and travel columns for local magazines. She lives with her family in Atascadero, California.

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Aimee Simmons:

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