



Dr. Shapiro's Picture Perfect Weight Loss Cookbook: More Than 150 Delicious Recipes for Permanent Weight Loss

Howard M. Shapiro

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Those familiar with Dr. Shapiro's bestselling *Picture Perfect Weight Loss* know how simple and effective his Food Awareness Training approach is, especially for grab-and-go eaters or people who just can't deal with the usual deprivations of dieting. Virtually foolproof, the Picture-Perfect program reinforces your choices of healthy foods with strong visual reminders that stay in your mind long after calorie counts and portion sizes have become a blur.

Now, Dr. Shapiro works the same Picture-Perfect magic in your kitchen. Whether you are a passionate cook who gladly spends hours stirring, chopping, or kneading, or a noncook who can't wait to get out of the kitchen, the recipes in this book allow you to prepare delicious low-calorie meals the whole family will love.

Imagine enjoying these flavorful dishes *and* losing weight.

- * Yukon Gold Potato Pancakes with Sausage
- * Stuffed Portobello Mushrooms
- * Chili Shrimp with Fruity Relish
- * Grilled Pork Chops with Georgia Peach Chutney
- * Garlic and Chive Mashed Potatoes
- * Chocolate Mousse
- * Creamy Lemon-Lime Cheesecake

There's even a chapter devoted entirely to cooking for families with children. Kids will rave over dishes like Fruit Pizza, Turkey Burgers with Secret Sauce, Summer Fruit Pops, and Carousel Ice Cream Cake. They may even want to start helping in the kitchen!

To appeal to the gourmet in all of us, Dr. Shapiro also includes recipes from 13 of the nation's top chefs. From Michael Romano of Union Square Café in New York City to Jesse Ziff Cool of the Flea St. Café in Menlo Park, California, these are the best of the best.

You also get real-life bites from New York City firefighters who have used Dr. Shapiro's program to shape up. Real men do cook-- and well! And this book proves that they even *enjoy* it.

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Richard Byrnes:

Playing with family in a park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Dr. Shapiro's Picture Perfect Weight Loss Cookbook: More Than 150 Delicious Recipes for Permanent Weight Loss, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't get it, oh come on its named reading friends.

Keith Reese:

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