
Slimming World Fakeaways

Slimming World's Everyday Italian

Tom Kerridge's Dopamine Diet

Every Day Meals Made Healthy, Hearty and Delicious: 100+ Recipes Under 600 Calories

Slimming World 30-Minute Meals

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From Chop Suey to Sweet 'n' Sour, Over 70 Recipes to Re-create Your Favourites

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Pinch of Nom

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Pinch of Nom Everyday Light

Cook Healthy and Quick

Chinese Takeaway Cookbook

The Daly Dish

Pinch of Nom Quick & Easy

The Hairy Dieters

Slimming World Free Foods

100 Tried and Tested Slimming Recipes

Feed Your Family for £20 a Week

Slimspirational

100 Slimming, Satisfying Recipes

40 Years of Food Optimising

100 Delicious Desserts

Includes 24 Recipes

Guilt-Free Food Whenever You're Hungry

Lisa Riley's Honesty Diet

Slimming World Food Optimising

100 Home-Style Recipes for Health and Weight Loss

Sugar Pink Food Healthy Home Cooking Recipes

Healthy Home-Cooked Takeaway Meals

100 Delicious Budget-Friendly Meals You'll All Enjoy

Hob

100 Tasty, Slimming Recipes All Under 400 Calories

Eat for Life

100 Recipes

SCHMITT HICKS

Slimming World's Everyday Italian

HarperCollins UK

100 delicious recipes - all under 400 calories - from the authors of Pinch of Nom, the fastest-selling cookbook of all time. Great-tasting recipes. Hassle-free slimming. Featuring proper breakfasts, light takes on family favourites, cheeky fakeaways and speedy midweek meals, Pinch of Nom Everyday Light is full of hearty, everyday recipes - nearly half of which are vegetarian. From Fish and Chips to Pizza Loaded Fries, Sloppy Dogs to Firecracker Prawns, and Hash Brown Breakfast Bake to Crying Tiger Beef, every recipe is under 400 calories including accompaniments, and has been tried and tested by twenty Pinch of Nom community members. 'These tasty, healthy recipes are so easy and made with simple-to-find ingredients. We're so proud of this food that the whole family can enjoy together. We hope you like making the dishes, but mostly we hope you love eating them!' - Kate & Kay
Tom Kerridge's Dopamine Diet Bonnier Publishing Ltd.

Chinese is the UK's favourite takeout food, and it's beloved all over the world - as with much Indian food, it's the nostalgic, comforting creations for western palates that really get people salivating. Now you can make your favourite Chinese restaurant classics at home with Kwoklyn Wan's fabulous Chinese Takeaway Cookbook. Kwoklyn is a third-generation Chinese chef: BBC (British-Born Chinese). He's also the brother of TV celebrity Gok Wan and both boys grew up working in their family's Cantonese Restaurant in Leicester in the 1970s. He has spent years perfecting recipes for Chinese dishes that taste like the ones from your

local takeaway kitchen or restaurant. The book features 70 classic dishes, everything from sweet and sour chicken to char siu, prawn toast to chop suey, egg-fried rice to crispy seaweed - and most of them can be on the table in 20 minutes or less. Cook up a storm at home with Kwoklyn's fabulous take on food from the takeaway.

Every Day Meals Made Healthy, Hearty and Delicious: 100+ Recipes Under 600 Calories Boxtree

If you've ever thought that curries, pasta or hamburgers were the scourge of slimmers, think again! The Slimming World approach to food optimising means that you don't have to miss out on your favourite foods, you can enjoy quick and easy, exotic meals every day of the week. This cookbook from the UK's leading slimming organisation takes in all manner of international cuisine. You'll be able to indulge in Italy's irresistible plates of pasta, India's spicy curries, China's noodle and stir-fry dishes as well as an array of mouthwatering recipes from France, Spain, Greece, Morocco, Thailand, the USA and Mexico. Packed with all the nutritional, diet and lifestyle information you need if you're following the Slimming World food optimising plan, as well as more than 120 delicious, low-fat recipes, this book is ideal for anyone who is trying to lose weight or simply those looking for an exciting selection of healthy, flavoursome dishes.

Slimming World 30-Minute Meals Hachette UK

Food Optimising is the name given by Slimming World to their highly successful weight-loss technique that enables slimmers to lose weight without ever having to go hungry. It is the most slimmer-friendly eating system there is and is based on a deep understanding of

the challenges faced by overweight people - no foods are banned, there is no calorie counting and there are hundreds of 'free foods' that can be eaten in unlimited amounts. Published to coincide with the 40th anniversary of Slimming World, *Best Ever Recipes* draws on Slimming World's 40 years of unrivalled experience in helping slimmers achieve their target weight. Packed with nutritional, lifestyle and diet information, as well as more than 120 new, healthy yet delicious recipes, it is the definitive guide to successful - and enjoyable - weight loss.

Slimming World Extra Easy Hermes House

Simple ingredients. Straightforward recipes. Mouth-watering results. Now you can feed the whole family - and eat the food you love - without breaking the bank! *Feed Your Family for £20 a Week* is the hottest new cookery sensation on the block. Through Lorna Cooper's popular cookery blog fyf20quid.co.uk, over half a million people have learnt how to meal plan, budget and cook for their families for just £20 a week - and now you can too! In *Feed Your Family for £20 a Week* you will find 100 deliciously simple, wallet-friendly meals the whole family will love. Each recipe is full of flavour, easy to follow and ready in minutes. This is stress-free cooking at its best - for less! A busy mum of three, Lorna understands how difficult it is to feed a family without breaking the bank, and when she didn't qualify for sick pay after a medical emergency, she really had to tighten the purse strings. Through savvy shopping, buying in bulk and batch cooking, she managed to slash her food bill from around £100 a week to just £20 - and now she wants to show you how. With this book, you will: · Plan 3 meals a day, every week - for just £20 ·

Stock up on freezer and store cupboard essentials · Get the most out of your ingredients · Discover simple substitutes and clever shortcuts · Love your leftovers · Waste less and save more Cook smart with *MINIMUM FUSS* and *MAXIMUM FLAVOUR* - and all for just £20 A WEEK!

From Chop Suey to Sweet 'n' Sour, Over 70 Recipes to Re-create Your Favourites Seven Dials

Everyday recipes you will make time and again - flavourful, simple, slimming and so satisfying. From wildly popular blog *SLIMMING EATS* comes a stunning collection of 100 brand new recipes plus 15 blog favourites. This is an everyday cookbook for everyone. Siobhan's homely recipes are delicious and really work, plus over 100 are under 500 calories. You will find life-long family favourites, with recipes for breakfast, lunch and dinner, meals to feed a crowd, kid-friendly dishes, quick fixes, low calorie sides and recipes to satisfy any cravings. This is slimming food and delicious food - there's absolutely no scrimping on flavour here! Every recipe is made to help you achieve your goals, featuring: * a nutritional breakdown with a calorie count * helpful pointers for vegetarian, gluten-free and dairy-free diets * suggestions for swapping in low-calorie sides Siobhan shares information on key ingredients and useful items to keep in your kitchen, plus a lot of motivation to keep you on track. *Slimming Eats* will be your ultimate kitchen companion for eating well every day.

Best Ever Recipes Random House
Short of time, short of money?

Entertaining friends or looking for a perfect mid-week meal? Discover 80 great tasting, time-saving recipes with *HOB!* Sick of endless cooking for an

uninspiring meal? Or how about that 15 minute wait to pre-heat oven? Life is complicated enough so say hello to a new kind cookbook that cuts out all the fuss and delivers on flavour. The concept is simple. 80 great-tasting, time-saving recipes, all of which are cooked on the hob, most in one pan and guaranteed to have food on the table in under 30 minutes. With HOB, expect simple budget friendly ingredients and tips on meal planning and quick fixes – everything you need to get dinner served that bit quicker. Whether you're simmering, sautéing or frying, recipes will include crowd pleasers such as chorizo marinara and vegetable katsu curry; budget wonders like spicy bean burgers and red pesto koftas; and HOB treats such as pan-share blackberry crumble and apple and cinnamon rolls. From busy families to budget-conscious students this is a cookbook for anyone who wants to dial down the effort and turn up the flavour!

Healthy Recipes by Sugar Pink Food
Ebury Press

Join TV's Chris Bavin for a fakeaway feast in over 120 simple recipes! Treat yourself and put takeaway food back on the menu with low-calorie curries, stir-fries, pasta dishes, pizzas, as well as good-old fish and chips. If you are vegan, vegetarian, dairy or gluten-free there are plenty of choices for you here. In this book, he shares his healthy ingredient swaps and savvy shopping ideas to buy everything you'll need for a fakeaway feast. Organised by type of takeaway, there are dishes to recreate from the chippy, pizzeria, diner and more. Refreshingly practical, Fakeaway contains all the inspiration you need to make delicious meals for your family from scratch and on a budget. So put away the takeaway menus and recreate

the meals you love but make them better for you.

[Slimming World's Curry Feast](#) Random House

Slimming World's Fakeaways
Pinch of Nom
100 Home-Style Recipes for Health and Weight Loss
St. Martin's Essentials
My Fussy Eater Pan Macmillan

The bestselling, big-hearted and down-to-earth chefs, The Hairy Bikers, return with more fantastic recipes for food lovers to lose weight for life. Following on from their No. 1 bestselling diet book, THE HAIRY DIETERS, the Hairy Bikers share more delicious low-calorie recipes and easy-to-follow advice. Si King and Dave Myers, aka the Hairy Bikers, have been entertaining and feeding Britain with their unique blend of tasty recipes, cheeky humour and motorbike enthusiasm for years now. THE HAIRY DIETERS has sold over 1.2 million copies in the UK and this, their second diet book, delivers even more low-cal family favourites. Packed with 80 delicious low-calorie recipes, tips, and techniques to learn, this collection of diet recipes is the Hairy Bikers at their best. Si King and Dave Myers are the nation's favourite food heroes. The stars of numerous TV cookery series, they represent all that is good-hearted and loved about food.

[The Slimming Foodie](#) Random House

The Hairy Bikers have lost almost 6 stone between them and you can lose weight too... Si King and Dave Myers are self-confessed food lovers. Food isn't just fuel to them, it's their life. But, like many of us, they've found that the weight has crept on over the years. So they've made a big decision to act before it's too late and lose some pounds. In this groundbreaking diet book, Si and Dave have come up with tasty recipes that are low in calories and big on flavour. This is real food for real people, not skinny

minnies. There are ideas for family meals, hearty lunches and dinners, even a few knock-out bakes and snacking options. The Hairy Bikers will always love their food - pies and curries won't be off the menu for long! - but using these recipes, and following their clever tips and heartfelt advice, you can bake your cake, eat it, and lose the pounds.

Fit Foods and Fakeaways: 100 Healthy and Delicious Recipes Recipe This

Thanks to his Dopamine Diet, Michelin-starred chef Tom Kerridge has shed eleven stone over the past three years. That's the same as 70 bags of sugar. If you're struggling with your weight and need to shift unhealthy pounds, this new approach makes it easy, and is guaranteed to make you feel happier in the process. Most people find it hard to keep to a long-term diet, but this one is different. The recipes feature ingredients that trigger the release of the 'happy hormone' dopamine in your brain, so it's a diet that will make you feel good!

Tom's 'dopamine heroes' include dairy products such as double cream and yoghurt, good-quality meats including beef, chicken and turkey, and even chocolate. By ditching alcohol and starchy carbs in favour of plenty of protein, fresh fruit and veg, you will be eating meals that will help you shed the weight, whilst offering a satisfying intensity of flavour. Treats in store for Dopamine Dieters include spinach, bacon and mint soup; roasted onion salad with fried halloumi; shepherd's pie with creamy cauliflower topping; soy glazed cod with chilli, garlic and ginger; braised beef with horseradish; Chinese pork hot pot; and chocolate mousse with sesame almond biscuits. These are recipes that don't feel like diet food, and can be shared with friends and family. It worked for Tom and it can work for you.

Give it a go! And lose weight the Dopamine Diet way.

Pinch of Nom Bluebird

Having plenty to eat and no forbidden food is every slimmer's dream. It sounds too good to be true, but it's the approach that has enabled thousands of Slimming World members to reach their target weight - the weight they have chosen to be. No foods are banned at Slimming World. There's no calorie counting and there are hundreds of 'Free Foods' which can be eaten in unlimited amounts. The Slimming World diet is designed to make weight loss easy and more enjoyable and this recipe book makes the healthy eating plan available to everyone.

Packed with nutritional advice, lifestyle and diet information, as well as over 150 wonderfully healthy recipes, simply follow the eating plan and lose weight. And by adopting and developing healthy eating habits for life, the weight will be lost for good.

Slimming Eats Random House

Lisa Riley lets us in on the secrets behind her incredible 12-stone weight loss. FEEL and LOOK GREAT the simple way with Lisa. AS SEEN ON THIS MORNING, In Lisa's Honesty segment. 'I loved Lisa's 'tough love' . . . that none of the recipes took hours to prepare and cook. People have commented that my face looks thinner and my skin looks GOOD' - Clare After years wearing size-30 clothes and convincing herself she was 'fat but happy', Lisa Riley finally took control of her body and shed a remarkable 12 stone. Significantly healthier, infinitely happier and proud of her slim new figure, Lisa now reveals how she lost all that weight and - more importantly - kept it off. Lisa knows that if she can do it, anyone can. The very first thing she had to tackle was her thinking, and in this book you'll discover

the strategies that helped her get honest with herself, along with her advice for becoming more active and how to stay on track when cravings strike or you've had a bad day. Lisa also shares: * A simple 8-day eating plan to kick things off * Fast, easy, delicious low-carb recipes * An 'honesty diary' section for keeping track of progress and motivating yourself * All the pitfalls and stumbling blocks to watch out for * Tips for staying healthy when on-the-go and eating out * Everyday fitness ideas that anyone can do With Lisa's help, you can put the fibs and excuses behind you, kick those bad habits and achieve the body and health you've always dreamed of. *** What readers say about Lisa Riley's Honesty Diet . . . 'I loved the food, the simplicity of the meals and the plan . . . It has changed my outlook on eating and losing weight, my portion size and my body size' - Vivien 'I have a dress which I last wore 3 years ago . . . today I tried the same outfit and whizzed the zip up and down. It was comfortable and a little loose! I'm with Lisa every step of my journey' - Elaine 'I would recommend this to anyone . . . Lisa's amazing transformation makes me believe it is possible. I feel positive about the road ahead, it has inspired me' - Kathy 'Lisa has hit the nail on the head. More exercise and less food. It's been a fab experience' - Jayne 'I learnt that I am a lot stronger and more determined than I thought I was and I DO have the willpower! I LOVE IT!' - Louise

Pinch of Nom Everyday Light
Hachette UK

AS SEEN ON ITV's SAVE MONEY: LOSE WEIGHT! *OFFICIAL SUNDAY TIMES BESTSELLER!* This must-have, delicious debut cookbook from the duo behind one of the UK's most popular slimming blogs, TWOCHUBBYCUBS, aka James and Paul

Anderson - with 100 amazing, healthy yet filling recipes, all elegantly presented and beautifully photographed and each sprinkled with a mini-blog of total nonsense. James and Paul will give you a newfound confidence to get cooking and have you laughing along the road to weight loss. Fancy that?! INCLUDES: - 100 tasty, slimming meals - tried, tested and loved by the TWOCHUBBYCUBS - with 90 BRAND NEW RECIPES and 10 updated classics from the blog. - This is FUSS-FREE, RELIABLE and FILLING proper food you'll enjoy eating, that helped the cubs shed over 18 stone between them and it never once felt like a chore. - There's banging breakfasts, lunches to keep hunger locked up and mouth-watering dinners - plus fakeaways, lighter takes on your favourites and snacks, sides and desserts. - They've even added 'an occasional blow-out' chapter - those delectable dishes for once in a blue moon!

Cook Healthy and Quick Gill & Macmillan Ltd

Indulge yourself with 120 mouthwatering curry recipes from around the world. Whether you want a simple one-dish supper at home, or a feast for family friends, this exciting selection of authentic, tasty recipes makes for the perfect meal.

Chinese Takeaway Cookbook America's Test Kitchen

A selection of low calorie, healthy and slimming friendly recipes from top healthy food blog, Sugar Pink Food. Latayah created Sugar Pink Food to document her healthy recipes and weight loss, and this book is a collection of her favourite recipes from the website.

The Daly Dish Bloomsbury Publishing
A provocative, handpicked collection of

relevant (and surprising) essential recipes for today's cook. We have countless recipes at our disposal today but what are the real keepers, the ones that don't just feed us when we're hungry or impress our friends on Saturday night, but inspire us to get into the kitchen? At the forefront of American cooking for more than 20 years, the editors at America's Test Kitchen have answered this question in an essential collection of recipes that you won't find anywhere else: *100 Recipes Everyone Should Know How to Make*. Organized into three recipe sections—Absolute Essentials, Surprising Essentials, and Global Essentials—each recipe is preceded by a thought-provoking essay that positions the dish. For example, *Treating Pasta Like Rice Simplifies Everything*; *A Covered Pot Is a Surprisingly Good Place to Roast a Chicken*; and *Re-imagine Pie in a Skillet to Simplify the Process*. You'll find useful workday recipes like a killer tomato sauce that's almost as easy as opening a jar of the store-bought stuff; genius techniques for producing amazing flavor—try poaching chicken breasts over a garlic-and-soy- spiked brine (trust us, it's that good); and familiar favorites reinvigorated—the best beef stew comes from Spain (and it's even easier to make than the stateside stew you've been eating for years). Gorgeous photography (shot right in the test kitchen) accompanies every recipe, revealing the finished dish as well as highlights of its preparation. Likely to stir debate among anyone interested in food and cooking, *100 Recipes Everyone Should Know How to Make* provides a snapshot of how we cook today and will galvanize even the most jaded cook to get into the kitchen. From the Hardcover edition.
Pinch of Nom Quick & Easy St. Martin's

Essentials

The must-have cookbook from the UK's most popular food blog, Americanized for a US audience! For breakfast, lunch, dinner, and desserts, Kate Allinson and Kay Featherstone's *pinchofnom.com* has helped millions of people cook delicious food and lose weight. With over 100 incredible recipes, the *Pinch of Nom* cookbook can help beginner and experienced home-cooks alike enjoy exciting, flavorful, and satisfying meals. From *Chicken Fajita Pie and Vegetable Tagine* to *Cheesecake Stuffed Strawberries and Tiramisu*, this food is so good you'll never guess the calorie count. Each recipe is labeled with icons to guide you toward the ones to eat tonight—whether you're looking for a vegetarian dish, hoping to create a takeout meal, want to feed a family of four or more, or have limited time to shop, prep, and cook. *Pinch of Nom* is the go-to home cookbook for mouthwatering meals that work for readers on diet plans like *Weight Watchers*, counting carbs and calories, or following any other goal-oriented eating program.

The Hairy Dieters Random House
THE SUNDAY TIMES BESTSELLER THIS IS 2CC'S MUST-HAVE SECOND SERVING OF DELICIOUS SLIMMING RECIPES - FULL OF FLAVOUR, FAST TO MAKE AND FILLING - ALL 500 CALORIES OR LESS!
Fast and Filling, is the second cookbook from Sunday Times bestselling authors, the *twochubbycubs* - packed 100 more tasty slimming recipes, all under 500 calories, beautifully photographed and easy to make - these meals and snacks are designed to help with your weight loss and ensure you save precious time in the kitchen too - whether that's through meals cooked in minutes, or dinner ideas that can be scaled up and

batch cooked for later. What to expect: - All recipes are calorie counted with clear indications of portions and prep and cook timings + flavour and cooking tips. - 2CC store cupboard essentials. - Recipe symbols throughout: easy to scale, quick to make, good for lunches, freeze well, dairy-free, gluten-free, veggie and vegan + smart swaps - ideas to make each recipe work for your dietary requirements. - Simple, affordable,

family-friendly ingredients. - Chapters include: Bangin' Breakfasts, Minute Meals (for those in a hurry!), One Pan, Low & Slow, Tighten the Belt (for pre-pay day!), Fakeaways and Sweet Treats. - Miniblogs of signature silliness with each recipe - James and Paul will give you a newfound confidence to get cooking and have you laughing along the road to weight loss!