



# **Lean and Lovin' It: Exceptionally Delicious Recipes for Low-Fat Living and Permanent Weight Loss**

*Don Mauer*

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How did Don Mauer, who had been heavy all of his life, finally manage to lose weight and keep it off? Mauer-whose nickname was "Big Guy"-dieted for over thirty years. He tried every diet that came along. They all worked, but he would inevitably gain back what he lost, plus ten pounds more. Then Mauer discovered two words: low fat. An avid cook, he decided to revamp his own recipes, blasting away the fat and permanently losing 100 pounds in the bargain. The happy results of his success is Lean and Lovin' It: Exceptionally Delicious Recipes for Low-Fat Living and Permanent Weight Loss, which has over 200 low-fat recipes, ranging from 'Good Morning' Griddlecakes to Southern-Style Oven-Fried Chicken. Mauer goes to extraordinary lengths to replace fat with flavor in breakfasts like Buttermilk French Toast with Blueberry Honey (6.2g fat) and Lean Breakfast Sausage (1.8g fat). He transforms lean cuts of meat into rich-tasting dishes like Spicy Chinese Beef Sauté (7.5g fat) and Pork Tenderloin

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Lean and Lovin' It: Exceptionally Delicious Recipes for Low-Fat Living and Permanent Weight Loss can be great book to read. May be it can be best activity to you.

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Precisely why? Because this Lean and Lovin' It: Exceptionally Delicious Recipes for Low-Fat Living and Permanent Weight Loss is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will surprise you with the secret the item inside. Reading this book alongside it was fantastic author who all write the book in such wonderful way makes the content on the inside easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your expertise and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the e-book store hurriedly.

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