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Real Food Recipes For Weight Loss: 18 Easy Entrees That Will Keep You Satisfied As You Slim Down

Jami Boys

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After struggling with weight - gaining, losing, dieting, and yo-yoing through her teens, 20s and 30s - the author was finally able to not only reach her goal weight, but actually drop below previous “set points” to reach a healthy, easy-to-maintain weight.

And all by eating real food, including butter, bacon, cheese, whole milk, roasted vegetables, and even dark chocolate.

It’s true - and you can, too, with the help of this book of weight-loss tips and recipes that are part of a real-life menu. They've been tested by family, friends, and the readers of AnOregonCottage.com, a blog dedicated to living simply and embracing imperfection.

In “Real Food Recipes For Weight Loss” you’ll find:
-18 main dish recipes that are simple, from scratch & satisfying.
-How eating real foods & using portion control can help you lose more weight than ever before.
-Plus Tips & Techniques to help you succeed with your weight loss.

Recipe categories include: Chicken & Turkey, Beef & Pork, Seafood, and Slow Cooker. See Table of Contents for full list of recipes.

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From reader reviews:

Peter Holmes:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a wander, shopping, or went to often the Mall. How about open or even read a book entitled Real Food Recipes For Weight Loss: 18 Easy Entrees That Will Keep You Satisfied As You Slim Down? Maybe it is to get best activity for you. You realize beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with the opinion or you have some other opinion?

Kenneth Harrell:

As people who live in the particular modest era should be change about what going on or information even knowledge to make all of them keep up with the era which is always change and make progress. Some of you maybe can update themselves by reading through books. It is a good choice to suit your needs but the problems coming to an individual is you don't know which one you should start with. This Real Food Recipes For Weight Loss: 18 Easy Entrees That Will Keep You Satisfied As You Slim Down is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

Colby Tapia:

Spent a free time to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled Real Food Recipes For Weight Loss: 18 Easy Entrees That Will Keep You Satisfied As You Slim Down can be fine book to read. May be it may be best activity to you.

Danny Solberg:

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