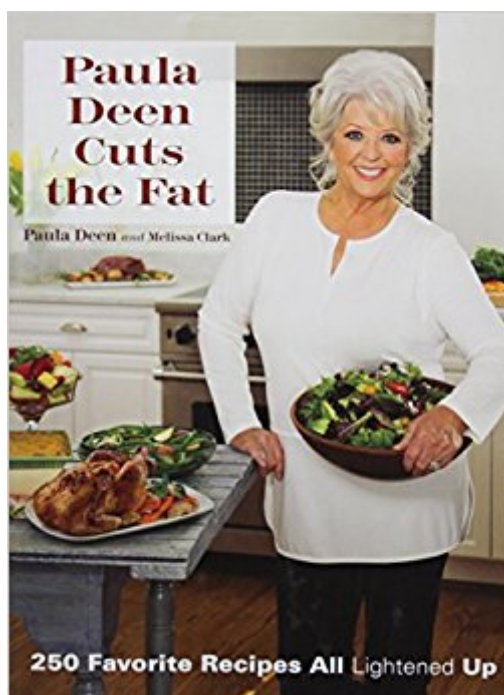


The book was found

Paula Deen Cuts The Fat: 250 Favorite Recipes All Lightened Up



Synopsis

Paula Deen has lost over 40 pounds and has maintained her weight loss for over two years by swapping out ingredients to reduce fat and calories. Paula's key to weight loss is moderation and accountability and one day a week she still enjoys good old southern cooking with biscuits and all. Only now she will have one biscuit instead of three. One does not have to give up taste when reducing calories and these recipes are a testament to that. Paula shares 250 of her favorite recipes lightened up. This brand new cookbook presents lightened up versions of fifty of her classic southern recipes and presents new recipes that cuts the calories but not the delicious taste. Including:- The Lady's New Cheesy Mac- New Savannah Gumbo- Flourless chocolate cake- Beaufort Shrimp Pie- Nutty Sweet Potato Balls- All-New Peach Cobbler

Book Information

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Customer Reviews

PAULA DEEN, Culinary icon and queen of Southern cooking, Deen is a self-made success story who learned the secrets of Southern cooking from her grandmother. Deen's first business, The Bag Lady, started her successful career and led to the opening of her first restaurant, The Lady and Sons, with her two sons Bobby and Jamie five years later. In addition to her success on TV and with her restaurant, Deen is a two-time Emmy award winner and the author of 14 cookbooks that have sold more than 11,000,000 copies. Paula's magazine Cooking with Paula Deen celebrates it's 10th year and has over 3 million readers. In 2014, Deen launched the Paula Deen Network, an interactive digital cooking network that combines cooking, lifestyle and game shows with great

recipes, meal-planning tools and more. Paula's social media fan base exceeds six million strong.

These may be "reduced fat" recipes but in true Paula fashion, almost everything still has a ton of butter and something I HATE: mayonnaise. Some good ideas in here though. I wouldn't count on this being a one-stop solution to weight loss by any means, but it's okay if you're on a diet to throw the occasional meal into the mix out of this cookbook. [Download to continue reading...](#)

I love Paula and am glad that she created a cookbook with "cut the fat" recipes. The only thing that I feel is missing from this book is the list of nutritional information for each recipe such as % grams of fat, carbs, fiber, sugar, and protein.

Really wish she had included nutritional information for each recipe. Kind of thought that'd be a given since it's a diet cookbook.

Thank you Paula!!! I bought an air fryer and they said spray the top of your food with oil of course not being a real cook I thought they meant like Pam or something. Wrong! Thank you Paula your book has me cooking like a pro in less time and much less heat. Oh and way less calories.

Always like Paula's cookbooks, so this one is a added pleasure. Great recipes as usual but with cutting calories. Would recommend as a good addition to a cookbook library.

This cook book contains numerous great recipes that have been modified from the overload of fat and sugar...good selection of recipes and I would recommend to anyone who wants to cut calories but still maintain tasteful nourishing meals.

Wonderful recipes from Paula Deen! Can't wait to try more of them! Speedy service and as always, Paula gets 5 stars!

Just received this a few days ago so I haven't had a chance to try any of the recipes yet, but I was very disappointed to find that there is no nutrition information at all. As someone who is counting calories and fat grams every day, not having the nutrition information makes it so much harder!

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Paula Deen Cuts the Fat: 250 Favorite Recipes All Lightened Up Paula Deen's The Deen Family

Cookbook Christmas with Paula Deen: Recipes and Stories from My Favorite Holiday Paula Deen's Southern Cooking Bible: The New Classic Guide to Delicious Dishes with More Than 300 Recipes Paula Deen's Savannah Style Paula Deen's Air Fryer Cookbook At the Southern Table with Paula Deen Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Fat Bombs: Delicious Low-Carb High-Fat Sweet and Savory Ketogenic & Paleo Fat Bombs Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Figure Poses for Fashion Illustrators: Scan, Trace, Copy: 250 Templates for Professional Results. Includes a CD-ROM with over 250 copyright-free images.

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