



Lose Weight by Eating

Audrey Johns

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Lose Weight by Eating Audrey Johns

Popular blogger Audrey Johns lost 150 pounds in 11 months by eating all the foods she loved. Now she shares her secrets to help you lose weight, too!

At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food”—frozen “diet” meals, low-cal sodas, quick-to-make boxed foods—and taught herself to cook her favorites from scratch. In less than a year, Audrey mastered the kitchen and lost more than 150 pounds (more than half her body weight), going from a size 24 to a size 4—all while pinching pennies. Now Audrey shares her story, insights, and clean-eating recipes to help you slim down. *Lose Weight by Eating* includes more than 130 mouth-watering recipes for family favorites, including pasta, scones, nachos, meat loaf, and cookies—all bursting with flavor but with fewer than 500 calories per meal. Most recipes use simple and inexpensive Smart Swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and spouse-approved.

Imagine losing 8 to 16 pounds the first week and 15 to 25 pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake! Enjoy these delights and more:

- “Jelly Doughnut” French Toast • California Club Pizza • Veggie-Packed Lasagna
- Cheddar-Stuffed Turkey Burgers • Steak Fajitas • Skinny Watermelon Margaritas
- Chocolate Peanut Butter Dip with Fruit • Skinny Cheesecake with Raspberry Drizzle

Nutritious food doesn’t have to be boring, expensive, and difficult to make. *Lose Weight by Eating* is easy to follow because there are no rules, only goals you set for yourself. Complete with a handy six-week meal plan to keep you motivated, *Lose Weight by Eating* gives you the support and kitchen confidence you need to change your life, your body, and your health.

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