



A Guy's Guide to Great Eating: Big-Flavored, Fat-Reduced Recipes for Men Who Love to Eat

Don Mauer

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From the author of the spectacularly successful *Lean and Lovin' It*, a brawny collection of big-flavored, fat-reduced recipes for men who love to eat. A once overweight guy who never met a food he didn't love, Don Mauer learned the hard way that most low-fat cookbooks don't appeal to meat-and-potatoes taste buds and come with skimpy portions that may work for New York fashion models but leave men hungry. This cookbook is different, written for men by a real guy with a big appetite. The 175 easy-to-make recipes - Smokin' Chili Pepper Cheeseburgers, Seemingly Sinful Fat-Free Roasted Garlic Whipped Potatoes, Chocolate Chocolate-Chip Pie, Fresh Blueberry Cobbler - are based on Mauer's own favorites. The guy-sized portions get 20 percent or less of their calories from fat, and each recipe comes with a full nutritional analysis, including the amount of saturated fat. *A Guy's Guide to Great Eating* will end the arguments in the kitchen between men who insist on eating what they love and the people who love them.

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The book untitled A Guy's Guide to Great Eating: Big-Flavored, Fat-Reduced Recipes for Men Who Love to Eat contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read it. The book was compiled by famous author. The author will bring you in the new age of literary works. You can actually read this book because you can keep reading your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice go through.

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