



# **Fabulicious!: Fast & Fit: Teresa's Low-Fat, Super-Easy Italian Recipes**

*Teresa Giudice*

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## **Fabulicious!: Fast & Fit: Teresa's Low-Fat, Super-Easy Italian Recipes** Teresa Giudice

With two *New York Times* best sellers and continued star-status on *The Real Housewives of New Jersey*, Teresa Giudice has lots more to share with her fans. In this latest book, Teresa provides a detailed program for how she keeps her voluptuous, sexy figure after four kids (and as she approaches 40). The more than 60 recipes in *Fabulicious!: Fast & Fit* emphasize "skinny": including lessons on playing up veggies and grilled meats, cooking low-calorie Italian favorites, and rules for the five things you MUST cut out (and what to replace them with).

But Teresa isn't about deprivation. She loves food— especially pasta and Tiramisu! Teresa proves that you CAN have your skinny jeans and spaghetti too. She tells you exactly how to live La Bella Vita- the "skinny" way.

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