



The 150 Healthiest Comfort Foods on Earth: The Surprising, Unbiased Truth About How to Make Over Your Diet and Lose Weight While Still Enjoying the Foods You Love and Crave

Jonny Bowden, Jeannette Bessinger

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“This book tantalizes my taste buds and is everything I love—real comfort food that is as nutritious as it is delicious!” —Holly Clegg, author of the trim&TERRIFIC® cookbook series

Feel good about satisfying your craving for comfort food! You can now savor the taste—and healthiness—of warm, delicious, and comforting classics including mac ’n cheese, lasagna, chicken nuggets, pancakes, potato skins, and shepherd’s pie, thanks to acclaimed nutritionist Jonny Bowden, Ph.D., C.N.S., and whole foods chef Jeannette Bessinger, C.H.H.C.

The two transform 150 comfort food favorites into good-for-you dishes without sacrificing an ounce of taste by:

- cutting back on sugar to lower blood sugar impact
- increasing fiber and protein
- boosting nutrients with added fruits and vegetables
- focusing on higher-quality fats such as olive oil
- reducing calories by reducing overall fat

The result? Delicious new classics such as: Fresh Phyllo Chicken Pot Pie; Higher-Protein, Lower-Cal Creamy Fettuccini Alfredo; Whole-Grain Home-Grilled Pizza; Satisfying Real-Food Pumpkin Pancakes; Lower-Cal Loaded Potato Skins; and Grass-Fed Italian Feta Meatballs in Tomato Sauce. Your taste buds—and your health—will thank you!

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From reader reviews:

Margaret Stanley:

In this 21st century, people become competitive in each and every way. By being competitive now, people have to do something to make themselves survive, being in the middle of the actual crowded place and notice by means of surrounding. One thing that at times many people have underestimated it for a while is reading. Yeah, by reading a guide your ability to survive rises then having a chance to stay than others is high. To suit your needs who want to start reading a book, we give you this particular *The 150 Healthiest Comfort Foods on Earth: The Surprising, Unbiased Truth About How to Make Over Your Diet and Lose Weight While Still Enjoying the Foods You Love and Crave* book as a beginning and daily reading guide. Why, because this book is more than just a book.

Percy Brown:

This *The 150 Healthiest Comfort Foods on Earth: The Surprising, Unbiased Truth About How to Make Over Your Diet and Lose Weight While Still Enjoying the Foods You Love and Crave* is a great book for you because the content is full of information for you who also always deal with the world and have to make a decision every minute. This particular book reveals its info accurately using great plain words or we can say no rambling sentences included. So if you are read that hurriedly you can have the whole info in it. Doesn't mean it only provides straight forward sentences but tough core information with wonderful delivering sentences. Having *The 150 Healthiest Comfort Foods on Earth: The Surprising, Unbiased Truth About How to Make Over Your Diet and Lose Weight While Still Enjoying the Foods You Love and Crave* in your hand like keeping the world in your arm, facts in it is not a ridiculous one. We can say that no book that offers you the world throughout ten or fifteen moments right but this reserve already does that. So, it is a good reading book. Heya Mr. and Mrs. stressful do you still doubt in which?

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