



Appetite for Reduction: 125 Fast and Filling Low-Fat Vegan Recipes

Isa Chandra Moskowitz, Matthew Ruscigno

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This is not your mother's low-fat cookbook. There's no foolish tricks, no bizarre concoctions, no chemicals, no frozen meals...no fake anything! *Appetite for Reduction* means cooking with real food, for real life. (Skimpy portions need not apply.)

In *Appetite for Reduction*, bestselling author and vegan chef Isa Chandra Moskowitz has created 125 delectable, nutritionally-balanced recipes for the foods you crave—lasagna, tacos, barbecue, curries, stews, and much more—and it's all:

- Only 200 to 400 calories per serving
- Plant-based and packed with nutrients
- Low in saturated fat and sugar; high in fiber
- Drop-dead delicious

You'll also find lots of gluten-free and soy-free options, and best of all, dinner can be on the table in less than 30 minutes. So ditch those diet shakes. Skip that lemonade cleanse. And fight for your right to eat something satisfying! Now you can look better, feel better, and have more energy—for health at any size.

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Kenny Crowther:

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