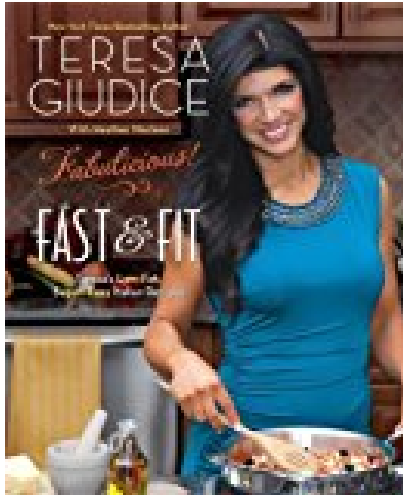


Fabulicious! Fast & Fit Teresa's Low-Fat Super-Easy Italian Recipes



BOOK DETAILS

- Author : Teresa Giudice
- Pages : 192 Pages
- Publisher : Running Press
- Language : English
- ISBN : 0762445440

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BOOK SYNOPSIS

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.

FABULICIOUS! FAST & FIT TERESA'S LOW-FAT SUPER-EASY ITALIAN

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