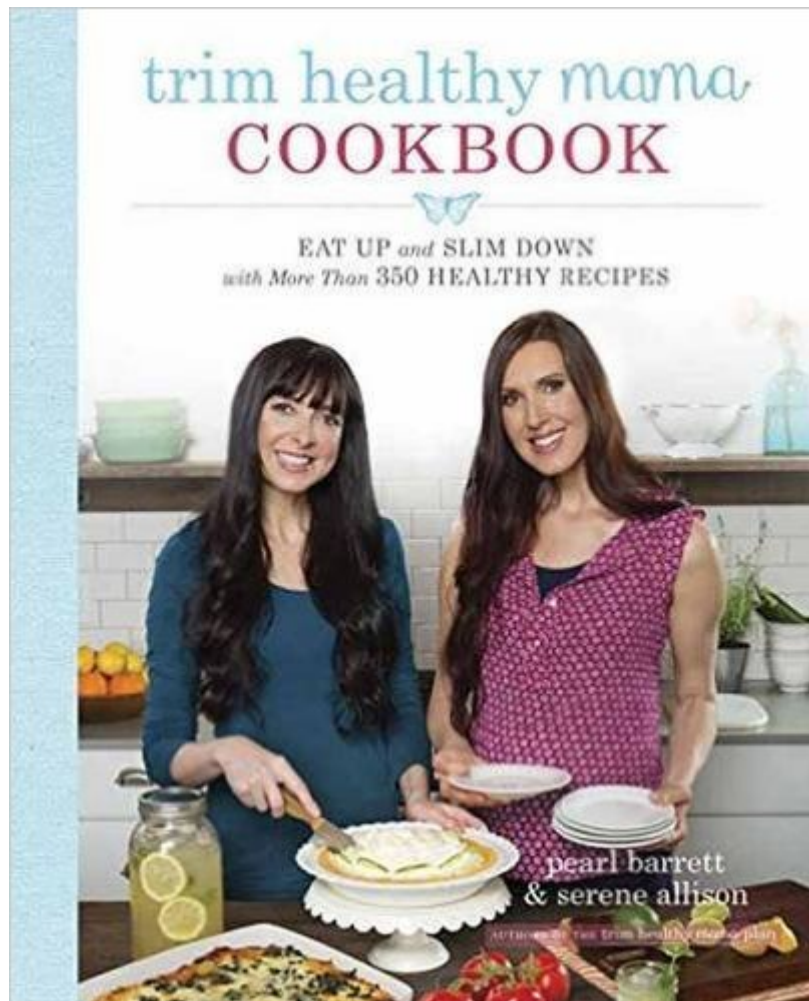


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# Trim Healthy Mama Cookbook: Eat Up And Slim Down With More Than 350 Healthy Recipes



## Synopsis

In their debut cookbook, the Trim Healthy Mama<sup>™</sup>s share hundreds of delicious, healthy recipes to help readers successfully slim down while eating well. This companion cookbook to the bestselling Trim Healthy Mama Plan is just what readers have been waiting for. It features simple, mouthwatering, recipes for breakfast, lunch and dinner—including slow cooker and one-pot meals, hearty soups and salads, omelets and waffles, pizzas, breads and more. No Trim Healthy Mama should be deprived, so there are also favorite snacks, delectable desserts, and the smoothies, sippers and teas fans love. With pantry-stocking advice, time-saving tips, and information on how to cook for the entire family, the Trim Healthy Mama Cookbook offers a delicious and nutritious way to make trim and healthy meals with less stress so you have more time with your loved ones.

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (1,111 customer reviews)

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## Customer Reviews

This is a lovely cookbook, I love the improvements on the recipes and the inclusion of recipes from bloggers and others who have adopted and made the plan even better than it was originally.

However, there were a couple of things that are really frustrating. 1) Baking Blend (BB): I realize that the book contains a note in the beginning about BB and that they don't want you have to buy their name brand products and you can make your own blend, but there are no directions or recipes for it. I know people will probably hate me for saying that, but it's a cookbook, for goodness sake. If you have a ton of recipes that call for special ingredients, maybe having a substitute recipe for that frequently used ingredient would be helpful. (Yes, I know there are recipes on Pinterest, etc., but what a hassle.) I kept seeing these beautiful pictures and thinking, wow, I'd love to try that! Only to

find I had no collagen, no oat fiber, no agar, no baking blend, etc. It was incredibly frustrating. I'd already saved up and purchased special ingredients like (super) Sweet Blend, nutritional yeast, xylitol, raw apple cider vinegar and all that after reading the old book, now I have to stock up again on new special ingredients, especially since I need to do this dairy-free. Oh, and I found a canister of beef gelatin locally but it cost \$25! This is not helping convince my husband that I can do this on the cheap.lol.2) Dairy-free: I found something very strange in the cookbook- recipes that were labelled dairy-free, yet called for whey protein? Umm... whey protein is not dairy free. I thought maybe it was a typo for a second, but then found another recipe with the same problem.

There are two kinds of people in the healthy food eating world; the kind that think 'cauliflower pizza crust' tastes JUST LIKE OR BETTER than regular, fluffy, flour-y, pizza crust, and the people (like me) who think that is completely bonkers and are super sensitive to 'substitutions'.That being said...I bought this book along with the companion plan book after doing extensive research about the diet online. I normally am a highly skeptical person when I read diet reviews online because I feel like people have just deluded themselves into thinking that the food is good when it isn't :)However, I've been on Trim Healthy Mama for about 4 months now, and honestly, the only reason I have stuck to this way of eating (when I have failed miserably at many other diets ((I'M LOOKING AT YOU, PALEO)) ) is because I LOVE THE FOOD. And my husband loves the food. And my toddler who throws everything I give her on the ground, loves the food!!Is every recipe in this book super awesome? No, I've made several that I immediately threw in the trash because I thought they were pretty gross. But there are plenty of recipes from loads of other cookbooks that I have made I didn't think were fit to eat, either.So let me tell you about our favorites...Chicken Parmy..... Ohemgee. Make it. Its so flipping good. We have this at least 3 times a month at our house and never have leftovers!Trim Zuppa Toscana.....Tastes pretty darn close to what you get at Olive Garden!! This is one of my person favorites from the book!Cheeseburger Pie.....my husband loves this...I mean, its meat and cheese and you can drown it in mustard and YUM.Banging Ranch Drums....drum sticks....and ranchiness...what more could you ask for??

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