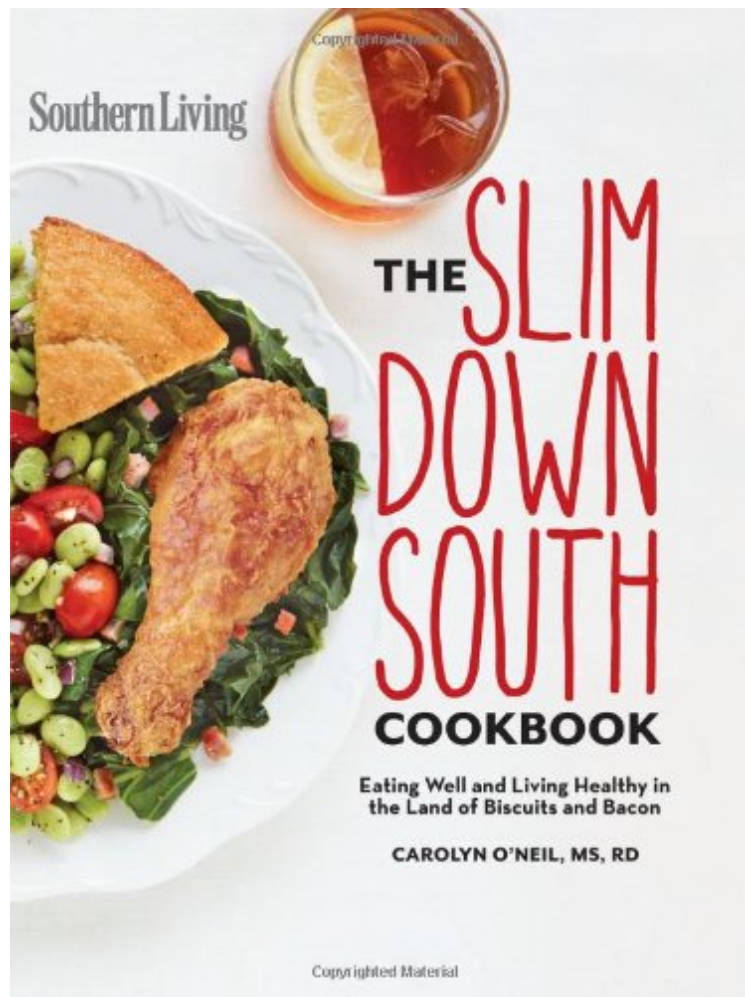


(Download) Southern Living Slim Down South Cookbook: Eating well and living healthy in the land of biscuits and bacon

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Carolyn O'Neil, *Southern Living*
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Carolyn O'Neil, Southern Living : Southern Living Slim Down South Cookbook: Eating well and living healthy in the land of biscuits and bacon before purchasing it in order to gage whether or not it would be worth my time, and all praised Southern Living Slim Down South Cookbook: Eating well and living healthy in the land of biscuits and bacon:

7 of 7 people found the following review helpful. The Secret Is Out: You Can Enjoy Delicious Southern Dishes and Watch Your Waistline By Melanie Young I am a southern gal with a conundrum: How to enjoy the rich dishes I grew up eating and still eat lean and healthy. RD/MS Carolyn O'Neil combines the best of both worlds with rib sticking, palate pleasing and soul satisfying recipes using fresh ingredients that are calorie conscious, nutrient rich and pretty

darn easy to prepare. This book will help you serve up better thighs, chops and buns and I don't just mean what's on the plate. Your body will thank you. Slim Down South is chock full of savvy Slim Down Secrets from food professionals whose livelihoods depend on eating. My final comment on this book and to Carolyn is "Bless Your Heart for writing it." 0 of 0 people found the following review helpful. Classic Dishes Slimmed Down - But Not on Flavor By Atlanta Cook The Salmon Croquettes are amazing! I always buy enough salmon to have leftovers to make a second meal for my family with this easy and flavorful recipe. I can't wait to make the Baked Smokin' Mac Cheese for my kids! Carolyn's engaging and scientifically sound guidance on healthy eating was what I needed to kick start my New Year's diet. 0 of 0 people found the following review helpful. I ABSOLUTELY LOVE THIS BOOK By Gram I ABSOLUTELY LOVE THIS BOOK !! It is incredible. The author has taken tried and true receipts and reduced the calories while still making the dishes delicious. I had a chef create an entire Brunch off this book and it was amazing with everyone loving the taste and wanting to know where I got the receipts

With the combined expertise of Southern Living and author Carolyn O'Neil, The Slim Down South Cookbook offers strategies, recipes, and expert tips for enjoying great Southern food while maintaining a healthy, balanced diet-without feeling deprived! Carolyn's Slim Down South plan offers smart, simple ways to manage potential overindulgences and maintain a healthy weight-one day at a time. This book's philosophy: Having your biscuit and being fit too-it's all about balance. Carolyn O'Neil reveals easy-to-follow secrets to staying slim in the land of bacon, butter, and biscuits. Carolyn's strategies for success include: Savor the South. Explore and embrace the variety of genuine Southern ingredients, from greens and black-eyed peas to sweet potatoes and shrimp. Linger longer. The Southern lifestyle is about enjoying food and the people you share it with. Take time to appreciate each bite and the beauty around you. Indulge a little. It's not all about deprivation, darlin'. Splurge a little now and then with a reasonably sized treat, whether it's Banana Pudding or a Mint Julep. Make it happen. Like any good Southern magnolia, use your grit and grace to sidestep sticky situations, navigate temptation, and stick to your guns.

About the Author Carolyn O'Neil is a registered dietitian, three-time James Beard Award-winning food journalist, and co-author of The Dish on Eating Healthy and Being Fabulous! With her refreshing food philosophy-"The More You Know, The More You Can Eat!"-she is leading the charge in promoting a healthy, fun-filled, and foodie-friendly lifestyle. Carolyn has twenty years television experience as executive producer, anchor, and senior correspondent for CNN's award-winning On The Menu weekly program on food, nutrition, and cuisine. She is currently seen on CBS Better Mornings in Atlanta and as "The Lady of the Refrigerator" nutrition expert on the Food Network series Good Eats with Alton Brown. Carolyn also contributes to WebMD magazine and writes a weekly food and nutrition column, "Healthy Eating Out," for The Atlanta Journal-Constitution. She is active on Facebook, Twitter, and Pinterest and authors a blog called The Dish on Dieting. For over 40 years, Southern Living magazine has delivered definitive Southern food, decorating, gardening, and entertaining ideas to its readers, making it one of the most trusted sources in the country. It reaches 15 million readers monthly. Readers use it, keep it, live by it.