



## 1,000 Low-Calorie Recipes (1,000 Recipes)

By Jackie Newgent

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**1,000 Low-Calorie Recipes (1,000 Recipes)** By Jackie Newgent

**An unmatched collection of delicious low-calorie recipes from the award-winning *1,000 Recipes* series**

This incredible cookbook is packed with tasty, low-calorie recipes that the whole family will love. The recipes cover every meal of the day and give home cooks an unparalleled variety of meals and ideas for eating healthfully—for a lifetime. Every recipe clocks in at less than 500 calories, but most are no more than 300 calories per serving. They're easy to make and take the guesswork out of portion control and calorie counting. Recipes include complete nutrition information, and full menus help home cooks maintain a balanced eating approach—naturally.

*1,000 Low-Calorie Recipes* covers finger foods and snacks; salads and soups; meat, poultry, fish, and vegetarian entrees; breads and muffins; and yes, even desserts and cocktails. You'll find rustic comfort foods like Five-Spice Turkey Chili, favorites like Pizza Margherita, main courses like Tart Apple-Stuffed Pork Loin, plus innovative recipes that will intrigue and satisfy you, like Caprese Salad Lasagna, Five-Spice Yam Frites, Brooklyn Lager Baked Beans, Homemade Pretzel Puffs, Fudgy Superfood Brownies, and Chocolate Mint Almond-tini.

- Written by Jackie Newgent, a well-respected Registered Dietitian and cookbook author who writes for and is interviewed by national media, such as The Dr. Oz Show, *Cooking Light*, *Health*, and *Redbook*, among others
- Includes clever advice on stocking a low-calorie pantry, maintaining a healthy weight, diet-friendly cooking, nutritious ingredient substitutions, full menus, and more
- Features ingredients that are fresh and flavorful, keeping with Jackie Newgent's "real foods" philosophy: nothing is artificial

Whether you're following a particular diet or just want a single go-to guide for nutritious family meals, *1,000 Low-Calorie Recipes* is the ultimate resource.

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## **1,000 Low-Calorie Recipes (1,000 Recipes) By Jackie Newgent Bibliography**

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## Editorial Review

### Review

'Bursting to the brim with delicious and nutritious low calorie recipes for the whole family.' (Woman, November 2012)

'This is a gem of a cookbook. Not only is it loaded with healthy recipes, everything I've made from pizza to salad dressing has been a show stopper, and I'm not embellishing.' (Diet Diva, Healthline, November 2012)

### From the Inside Flap

Here's the perfect cookbook for a lifetime of nutritious and delicious low-calorie meals! In *1,000 Low-Calorie Recipes*, registered dietitian and cookbook author Jackie Newgent offers a huge variety of high-flavor, healthful recipes that are sure to please you and your family and friends. Covering every meal of the day and snacks, too, this unparalleled low-calorie recipe collection will provide you with the information and inspiration you need for eating balanced meals, but also for satisfying every craving without packing on the pounds—even if you want pizza or a fudge brownie.

Inside, you'll find everything from fun finger foods to hearty main dishes to mouthwatering desserts so tasty and filling that you won't realize you're eating right. Every single one of them tallies fewer than 500 calories per serving. . . most are fewer than 300. These recipes are simple to make and designed to take all of the guesswork out of portion sizing and calorie counting. You'll also find complete nutrition information for every recipe and full menus that help you stick to a nutrient-rich eating plan, naturally.

*1,000 Low-Calorie Recipes* proves that a low-calorie diet can be tempting and energizing. No artificial ingredients or unsatisfying substitutes here! What's more, it includes plenty of your favorite comfort foods—all adjusted with smart swaps to lower the calories without sacrificing flavor—so that you'll never run out of satisfying options. Plus, you'll find hundreds of creative, smart, innovative ways to make the most of every meal. Whether you're actively dieting (on any plan) or simply maintaining a healthful lifestyle, this is your go-to resource.

Here's a taste of *1,000 Low-Calorie Recipes*:

- **BREAKFASTS AND BRUNCHES:** Sweet Cherry-Almond Oatmeal, Raspberry-Laced Chocolate Chip Buttermilk Pancakes, Ham and Cheese Crepes, Scrambled Huevos Rancheros with Fresh Salsa, Fresh Herb Hash Browns
- **SMALL PLATES, FINGER FOODS, AND SNACKS:** Thai-Inspired Chicken Satay, Goat Cheese Medallions with Caramelized Onions, Homemade Pretzel Puffs, "Swedish" Meatballs, Grilled Fig Guacamole, Fresh Spinach-Truffle Dip Canapes
- **SALADS:** Dijon Fingerling Potato Salad, Heirloom Tomato Salad, Beet and Fuji Apple Coleslaw, Avocado and White Bean Salad, Rotisserie Chicken Cobb Salad, Orange Basmati Salad with Almonds
- **SOUPS, STEWS, AND CHILIS:** Pineapple-Cucumber Chilled Soup, Cajun Veggie Gumbo, Leek and Yukon Gold Potato Chowder, Irish Beef Stew, Five-Spice Turkey Chili
- **MAIN DISHES:** Vegetable Souvlaki, Penne alla Vodka, Coq au Vin Cabernet, Chicken Chimichurri, Beef Brisket with Squash, Sea Salt and Pepper Scallops, Shrimp Pad Thai Noodles, Grilled Tuna with Fruit Salsa
- **SANDWICHES, BURGERS, AND PIZZAS:** Smoked Gouda-Artichoke Club Sandwich, Eggplant

Parmesan Sliders, Philly-Inspired Cheesesteak, Grilled Veggie Burgers, Turkey Tacos Monterey, Hawaiian Luau Pizza, Barbecued Chicken Pizza

- **SIDES:** Baked Artichoke Gratin, "Stir-fried" Brussels Sprouts, Spicy Skinny Fries, Spanish Goat Cheese Couscous, Pomegranate and Citrus Quinoa Pilaf, Cuban Beans with Lime, Fresh Rosemary Focaccia
- **DESSERTS, QUICK BREADS, AND MUFFINS:** Blackberry Mousse Almond Crumb Cake, Zesty Lemon Bars, Mississippi Mud Pie Parfait, Apple Streusel Mini-Muffins, Dark Chocolate Chip Cookies
- Plus drinks, smoothies, and calorie-friendly cocktails!

From the Back Cover

### ***1,000 low-calorie recipes***

It's Like Getting 5 Cookbooks in 1

Stay trim and healthy without giving up your favorite foods. Inside you'll find:

- An amazing number of hearty and flavorful low-calorie recipes for every occasion—snacks and finger foods, party dips, breakfasts and brunches, main dishes, sides, soups, sandwiches and burgers, pizzas, desserts, and even cocktails
- Full nutrition information for every recipe, plus symbols indicating recipes that are low in sodium and/or high in fiber
- Sample menus for any time of day and every season of the year
- Simple tips for planning and preparing delicious low-calorie dishes for every meal
- Easy-to-follow guidance for giving favorite recipes a "makeover"
- Dozens of great ideas for healthy eating, weight management success, calorie-friendly cooking, stocking a low-calorie kitchen, and more!

## **Users Review**

**From reader reviews:**

**Carl Moss:**

This 1,000 Low-Calorie Recipes (1,000 Recipes) are generally reliable for you who want to become a successful person, why. The main reason of this 1,000 Low-Calorie Recipes (1,000 Recipes) can be one of many great books you must have is actually giving you more than just simple reading food but feed you with information that probably will shock your earlier knowledge. This book will be handy, you can bring it just about everywhere and whenever your conditions in e-book and printed people. Beside that this 1,000 Low-Calorie Recipes (1,000 Recipes) giving you an enormous of experience for example rich vocabulary, giving you trial run of critical thinking that could it useful in your day pastime. So , let's have it appreciate reading.

**Brett Baker:**

Reading can called brain hangout, why? Because when you are reading a book specially book entitled 1,000 Low-Calorie Recipes (1,000 Recipes) your mind will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely can become your mind friends. Imaging just about every word written in a publication then become one web form conclusion and explanation that will maybe you never get ahead of. The 1,000 Low-Calorie Recipes (1,000 Recipes) giving you a different experience more than blown away your mind but also giving you useful facts for your better life in this particular era. So now let

us demonstrate the relaxing pattern the following is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary investing spare time activity?

**Jennifer Randolph:**

Reading a book to become new life style in this year; every people loves to examine a book. When you go through a book you can get a large amount of benefit. When you read books, you can improve your knowledge, simply because book has a lot of information in it. The information that you will get depend on what types of book that you have read. If you want to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, in addition to soon. The 1,000 Low-Calorie Recipes (1,000 Recipes) will give you new experience in studying a book.

**Alice Hille:**

With this era which is the greater individual or who has ability in doing something more are more treasured than other. Do you want to become considered one of it? It is just simple approach to have that. What you are related is just spending your time almost no but quite enough to experience a look at some books. One of several books in the top checklist in your reading list is definitely 1,000 Low-Calorie Recipes (1,000 Recipes). This book that is qualified as The Hungry Inclines can get you closer in getting precious person. By looking upwards and review this e-book you can get many advantages.

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