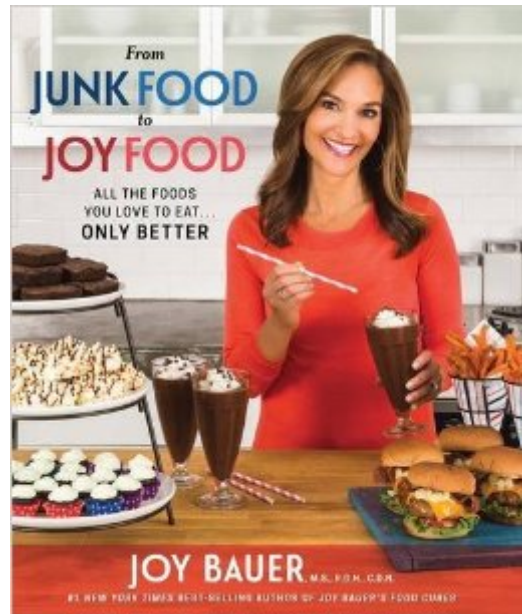


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# From Junk Food To Joy Food: All The Foods You Love To Eat...Only Better



## Synopsis

We all want to look and feel better, but where's the fun in nibbling on boring salads and choking down steamed broccoli? It's tough sticking to a diet when you're craving barbecue ribs, fettucine Alfredo, vegetable lo mein, and chocolate milkshakes. But best-selling author and TODAY show nutrition expert Joy Bauer is fresh from her kitchen with news for you: You can have your cheesecake and eat it, too! In these bright, colorful pages, Joy shares how you can drop the calories in your most fattening favorites without compromising flavor. With a few simple tricks, she transforms a bacon cheeseburger from a whopping 1,100 calories to a mere 425 . . . and General Tso's Chicken from an alarming 1,000 to a slimming 260. From Boston cream pie to spaghetti and meatballs, mint chocolate chip ice cream to Buffalo wings with creamy bleu cheese dip, Joy takes the most decadent treats from fat to fit. Want to give a BLT some TLC? Joy's take on this classic comfort food could save you 35,000 calories annually with the potential to drop 10 pounds! Featuring more than 120 recipes and oodles of gorgeous photos, From Junk Food to Joy Food has you covered from sun up to late night: breakfasts, dips, soups, sides, suppers, pizzas, pastas, desserts, mocktails, and more. Don't deny yourself the flavors you love—learn to make them with joy!

## Book Information

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## Customer Reviews

This is a rather interesting cookbook: the premise is to take the junky food we like (things like pop tarts, cheez its, potato salad though no brand names are used) and with a few simple changes, create healthier alternatives. Author Bauer wisely avoids altering them too much - we're not talking

perfectly healthy here. But this is a case of small changes making a decided difference over time. The book breaks down as follows: Chapter 1: Better For You Breakfasts; Chapter 2: Delicious Dips and Appetizers; Chapter 3: Scrumptious Soups and Sandwiches; Chapter 4: Slimming Sides, Salads, and Dressings; Chapter 5: Simple Satisfying Suppers; Chapter 6: Palate Pleasing Pizzas and Pastas; Chapter 7: Decadent Desserts; Chapter 8: Creative Cocktails, Mocktails, and Beverages. Conversion charts, index. The book is beautifully presented with easy to use recipes and bright, colorful photographs. Each recipe has a picture/description of the original 'less healthy' version (the 'junk food') and then a healthier recipe alternative (the "joy food"). But this is a recipe book based on calories, not necessarily health. E.g., many of the recipes remove egg yolks - which brings the calorie count down but doesn't, in my opinion, necessarily make the meal healthier. Other recipes just use skim milk products over heavier cheeses and creams. E.g., macaroni and cheese is never going to be healthy - but replacing cream and butter with reduced fat cheese and less butter makes for a better alternative (and takes the calories from 1300 to 400). Nutrition information, serving size, alternatives/twists are also included. This book is a compromise between a healthy lifestyle and junk food bonanza.

I've lost 299 pounds and I'm currently in a successful maintenance mode. I eat well--and only things I truly enjoy, but my biggest challenge has been increasing the variety of my choices. Enter Joy Bauer's latest book--and wow, here's the variety I was looking for in my food plan. Joy's food philosophy as it applies to weight loss and simply taking better care, in general, mirrors not just my thoughts--it mirrors my experience. Joy is spot on. I'm looking forward to learning a lot from her work! Make it easy, make it healthier, make it taste incredible--and I'm there, every time. And that's exactly what she does with this book. The first recipe I tried was Barbecue "Ribs." I chose this one for a reason. Several years ago, after learning of the BBQ Rib menu at a special function I was set to attend, I did my calorie counting research and was absolutely appalled at what I found. One single rib, depending on size, could be anywhere from 250 calories to 450 or more---for one rib!! It didn't fit into my calorie budget at all. So I declined the ribs on that occasion. And on every other occasion since...Because it was that night--over six years ago, I declared ribs off limits simply based on calorie value. I concluded there would never be a circumstance worth the caloric investment required for BBQ Ribs. Until now. Joy wrote, "I totally rethought ribs." And now, thanks to her, I have too!! I couldn't find a sugar free BBQ Sauce, so I made my own.--and following Joy's recipe, the double serving (8oz) of "ribs" checked in at a very manageable 389 calories. I'm impressed. The "ribs" were incredibly delicious--with all the taste of meaty-dripping with sauce, ribs.

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