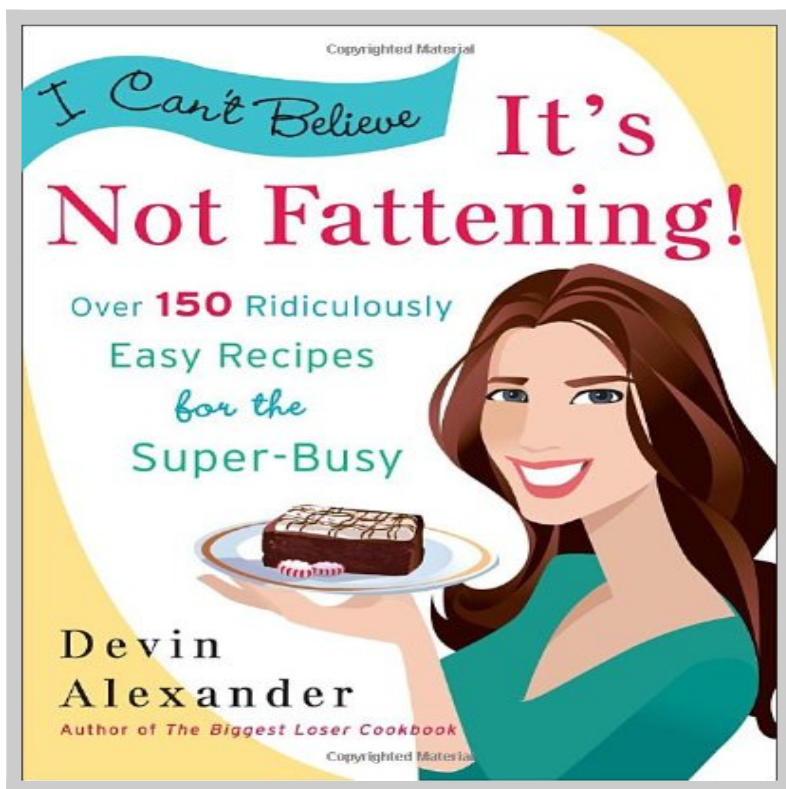


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Cant Believe Its Not Fattening Book Preview

From the *New York Times* Bestselling author of *The Biggest Loser* cookbooks: amazingly simple, super-speedy, and decadent recipes that taste sinful but are 100 percent guilt-free

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Devin Alexander lives by the motto that "twenty minutes in the kitchen can save you 3 hours on the treadmill!" The chef and author of *The Biggest Loser Cookbook* Â has maintained a weight loss of fifty-five pounds for almost twenty years by transforming the decadent dishes that we all crave into fantastic lo-cal indulgences.Â Now, she shows us how to make those mouthwatering favorites in mere minutes. Becauseâ€”let's face it, we want what we want and we want it NOW!

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With simple, super easy-to-follow recipes for delectable dishes such as Unbelievable Easy Chicken Parmesan, Carmelized Apple Buuter-Topped Pork Chops, Bacon Cheeseburger, Â and even a Peppermint Brown "Pizza," you can now whip up fantastic, slimming meals in the time it would take to go through the drive-thru.