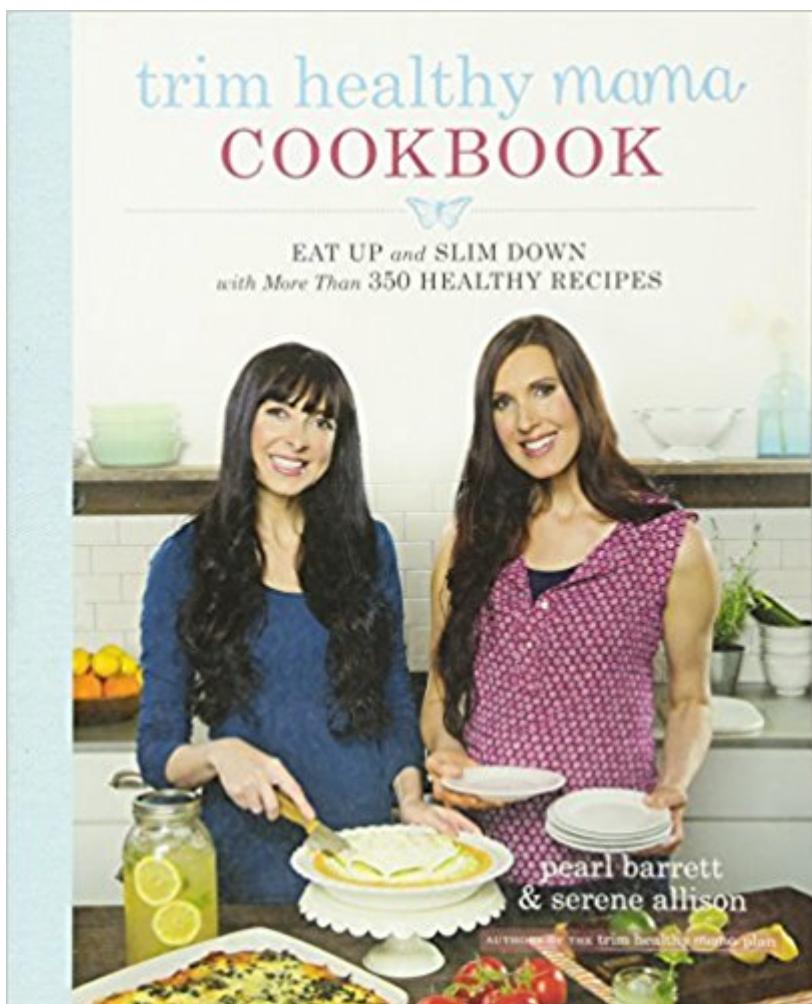


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# Trim Healthy Mama Cookbook: Eat Up And Slim Down With More Than 350 Healthy Recipes



## Synopsis

In their debut cookbook, the Trim Healthy Mamas 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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Best Sellers Rank: #1,315 in Books (See Top 100 in Books) #13 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #64 in Books > Christian Books & Bibles > Christian Living

## Customer Reviews

Serene Allison and Pearl Barrett are sisters who share a passion for healthy eating. They both have large boisterous families and love to experiment in the kitchen on ways to best nourish their families and stay slim and healthy in the process. They are former Christian recording artists who traveled extensively for the record label, but they relinquished their touring careers to embrace a life at home with children, dinners, dishes, and diapers. They never looked back.

I bought this book for my wife who is a Trim Healthy Mama and this is her review:This is the most beautiful and useful cookbook I have ever owned (and I'm a bit of a collector). First of all, the recipes are SO delicious! I've made over a dozen of them now and none have disappointed. RUN to

the kitchen and go make the Chicken Parmy like TONIGHT. It's unbelievable. Secondly, the recipes are SO healthy! I can't believe I can eat such wholesome foods and lose weight at the same time. I've been eating Trim Healthy Mama style (which means I'm eating goooood) for well over two years now, and I've improved my health, increased my energy... while \*not\* having to deny my sweet tooth or go hungry. No deprivation here - just scrumptious, FUN meals for me and my family!

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?? Tuscany Egg Bake...I was REALLY skeptical about this one but it turned out to be one of my hands down favorite comfort meals! I could eat the whole pan! Thin Mint Chocolate Chip Shake...I make this ALL. THE. TIME. Easily 3x a week. I'm obsessed with mint chocolate chip ice cream and this hits the spot marvelously! Trimtastic Chocolate Cake...its yummy, yummy, rich chocolate cake. And the frosting tastes like fluffy chocolate milk. I could easily eat the whole thing by myself. Glosed Raspberry Muffins....muffins tops with cream cheese icing. I literally made myself sick one day because I ate 7 of these in one hour (yes 7!) We have a ton others! I definitely think this cookbook is a must if you are starting THM...it can really help you in the beginning to make sure you are eating what you are supposed to! I have lost the 15 pounds of baby weight from my second daughter that I have been carrying

around and I haven't set foot in the gym once! I love eating this way...I didn't think I would but I was SO WRONG! I highly recommend it 1000000%!! Give it a try! You wont regret it!!

Book is made of great quality and has a fantastic assortment of recipes. The pages can be easily wiped off.

I can not say enough good things about this book and plan. I read the book, then implemented the plan into my daily life. I feel great and have lost weight (especially in my stomach). The sisters are very thorough at explaining the scientific reasons for eating fats and carbs separately, and why protein is so vital to our bodies - for overall health. The recipes are all well-written and easy to follow. can't stop telling people to get this book!

Really colorful, easy to read and loads of recipes. Everything you can hope for in a cookbook, except for one thing. This may not matter to some, but for me, it would make it easier to set up my weekly meal plans. Still label each section of recipes as single serve, skillet meals, etc..... but I really wish they had kept the S meals together in each section followed by E meals and then FP's. That way you aren't flipping through each page or looking at the TOC hoping you don't miss a recipe you're trying to find as an E meal or FP to organize your weekly meal plan. Hence the 4 stars. Besides that, I really found it easy to capture my attention through the beautiful pictures and layout of the pages and the recipes easy to follow. Overall, a book worth getting!

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