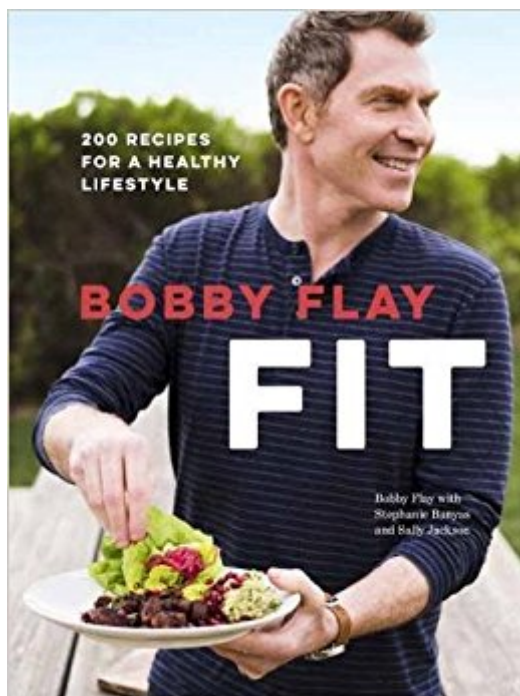


The book was found

Bobby Flay Fit: 200 Recipes For A Healthy Lifestyle



Synopsis

Cook, eat, and be fit with 200 recipes from Bobby Flay, whose approach to healthy eating is all about flavorânot eliminating anything from your diet. Â With a profession that has him constantly developing and tasting new recipes, chef Bobby Flay does not eschew any foods: bread, bacon, and butter are still all on the table. His secret to staying healthy is to have on hand an arsenal of low-calorie flavor bombsâlike rubs, relishes, and marinadesâto transform lean proteins, whole grains, and fresh produce into crave-worthy meals at home. In Bobby Flay Fit, Bobby shares smoothies and juices, breakfast bowls, snacks to fuel workouts, hearty salads, nourishing soups, satisfying dinners, and lightened-up desserts. With fitness tips and a look into the chefâs daily healthy routines, this cookbook is for those who want to eat right without overhauling their pantries or sacrificing taste.

Book Information

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Customer Reviews

BOBBY FLAY, New York Times bestselling author and lifelong runner, is the chef-owner of the fine-dining restaurants Gato, Bar Americain, Mesa Grill, and Bobby Flay Steak and numerous Bobbyâs Burger Palaces. He is the host of many popular cooking shows on Food Networkâfrom the Emmy-winning Bobby Flayâs Barbecue Addiction to Iron Chef America, Beat Bobby Flay, and Food Network Starâas well as Brunch @ Bobbyâs on Cooking Channel and the online series Bobby Flay Fit.

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