



The 150 Healthiest Comfort Foods on Earth: The Surprising, Unbiased Truth About How to Make Over Your Diet and Lose Weight While Still Enjoying the Foods You Love and Crave

Jonny Bowden, Jeannette Bessinger

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“This book tantalizes my taste buds and is everything I love—real comfort food that is as nutritious as it is delicious!” —Holly Clegg, author of the trim&TERRIFIC® cookbook series

Feel good about satisfying your craving for comfort food! You can now savor the taste—and healthiness—of warm, delicious, and comforting classics including mac ’n cheese, lasagna, chicken nuggets, pancakes, potato skins, and shepherd’s pie, thanks to acclaimed nutritionist Jonny Bowden, Ph.D., C.N.S., and whole foods chef Jeannette Bessinger, C.H.H.C.

The two transform 150 comfort food favorites into good-for-you dishes without sacrificing an ounce of taste by:

- cutting back on sugar to lower blood sugar impact
- increasing fiber and protein
- boosting nutrients with added fruits and vegetables
- focusing on higher-quality fats such as olive oil
- reducing calories by reducing overall fat

The result? Delicious new classics such as: Fresh Phyllo Chicken Pot Pie; Higher-Protein, Lower-Cal Creamy Fettuccini Alfredo; Whole-Grain Home-Grilled Pizza; Satisfying Real-Food Pumpkin Pancakes; Lower-Cal Loaded Potato Skins; and Grass-Fed Italian Feta Meatballs in Tomato Sauce. Your taste buds—and your health—will thank you!

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John Armstead:

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Lauren Zavala:

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