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Taste of Home Comfort Food Diet Cookbook: New Quick & Easy Favorites: slim down with 380 satisfying recipes!

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Taste of Home Comfort Food Diet cookbook has 380 quick & easy satisfying recipes to help slim down without sacrificing the foods you love. Included are creamy pastas, casseroles and rich desserts, and all are designed to help you lose weight!

Based on the success of the best-selling *Comfort Food Diet Cookbook and the Comfort Food Diet Family Classics Collection*, Taste of Home is excited to bring you the brand-new time-saving edition, ***The Comfort Food Diet, New Quick and Easy Favorites!***

Inside you'll find 380 mouthwatering recipes that will satisfy your cravings in a healthy way. You can induldge in hearty casseroles, creamy pastas, crunchy snacks –even rich tasting desserts—and still lose weight! And you can cut back on the time you spend in the kitchen, since more than a third of the recipes are quick and easy to prepare.

The diet is simple. Inside you'll discover a 6-week meal plan that counts up the calories for you. Each day you'll find breakfast, lunch, and dinner menus that keep your weight-loss goals in focus. The plan even includes snacks and desserts. Each recipe features prep and cook times so you can make dishes that fit your family's schedule. The slow-cooker and 20-minute or less prep chapters will save you time in the kitchen while the 8-ingredients or less chapter will save you time at the store.

Also included are motivational "before and after" weight loss stories and tips from followers of the diet on how they get the most from the program, their weight-loss strategies and advice.

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