



America's Most Wanted Recipes Without the Guilt: Cut the Calories, Keep the Taste of Your Favorite Restaurant Dishes (America's Most Wanted Recipes Series)

Ron Douglas

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From the New York Times bestselling author of America's Most Wanted Recipes comes more copycat recipes from your family's favorite restaurants—with fewer calories!

Ron Douglas has wowed home cooks across the country by uncovering the best recipes from hundreds of popular restaurants, including Applebee's, California Pizza Kitchen, Chili's, Olive Garden, P.F. Chang's, and T.G.I. Friday's. *America's Most Wanted Recipes Without the Guilt* once again features delicious restaurant meals that can be enjoyed at home. But with the help of registered dietician and nutrition expert Mary M. Franz, Ron has created more than 150 amazing reduced-calorie versions. Take Bahama Breeze's Jamaican Jerk Grilled Chicken, which usually contains approximately 960 calories. By using boneless, skinless chicken breasts, the entire family can enjoy generous, flavorful half-pound servings and save 590 calories. Or how about Dave and Buster's Steak Fajita Salad? A restaurant portion contains a whopping 1,408 calories per serving, but Ron's home-cooked version has 489. And for dessert? Macaroni Grill's Reese's Peanut Butter Cake has 635 calories per slice. Home cooks can easily trim that calorie count down to 435. Ron will show you how! Each recipe includes nutritional details, the number of calories you will save, and easy tips on how to prepare your favorite restaurant food without feeling the guilt. The book also features a section on restaurant alternatives, as well as a nutritional guide detailing the overall dos and don'ts when it comes to healthy eating. Experience the pleasure and satisfaction of cooking fun, delicious food for your family while also keeping them fit! Watch your wallet get fat and your tummy get flat!

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