



# **The Biggest Loser 101 Best Recipes: The Ultimate Collection to Fuel Your Weight Loss**

*The Biggest Loser Experts and Cast, Cheryl Forberg, Devin Alexander*

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Throughout the numerous seasons of *The Biggest Loser*, America has watched the contestants lose more than 25,000 pounds. In addition to the hardcore workouts the Biggest Losers put in each day at the Ranch, the most essential component of their weight loss plan is eating healthy foods that are low in calories--but big on flavor.

At the Ranch the contestants learn about nutrition, portion control, and meal preparation--and by the time they leave the campus, even those who have never spent much time in the kitchen can cook wholesome, delicious meals for their families back home. In *The Biggest Loser 101 Best Recipes*, you'll find the very best developed by The Biggest Loser experts and cast over the last seven years. Whether you're craving pizza or a burger, pasta or cupcakes--you'll find healthier, lower-calorie versions of all of your favorite foods right here, along with some new ingredients and flavors you may have never tried before.

You don't have to give up the foods you love to lose weight--you just have to make smarter choices. And now, you have 101 ways to start losing weight and get health--one delicious bite at a time.

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