



The Cooking Light Way to Lose Weight

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The Cooking Light Way to Lose Weight

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There are no bad foods. None. You never need to feel guilty about eating a food you like. After giving up many of our favorite foods when going on diets that restrict our food choices, a comment like that is refreshing and encouraging. Could it be true? Cooking Light, known more for their magazine filled with delicious recipes, wrote a book on weight loss that goes into great detail about why we really can have our cake and eat it, too. From recipes to fitness tips, success stories to diet challenges, we find it all in this book.

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