



Cooking With Trader Joe's Cookbook: Lighten Up!

Susan Greeley

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Weighed down by belly fat? *Lighten Up!* Say goodbye to implausible fad diets, and get the healthy, slim body you want for good! The trick is simple tweaks in the way you eat long term, and your secret weapon, Trader Joe's. Registered Dietitian Susan Greeley takes the convenient and delicious ingredients found at Trader Joe's and brings you a guide to good carbs and smarter eating to help:

- Curb cravings
- Bust belly fat
- Increase energy
- Boost metabolism
- End dieting deprivation
- Cook and eat healthier despite a hectic lifestyle

Start with Greeley's two-week "jumpstart" regimen to shed pounds and overcome weight loss plateaus. Continue with satisfying recipes that will put you on the path to stay lightened up for life. Eat smart and cook healthier with recipes like: Chocolate Almond Smoothie, Corny Crab Chowder, Asian Chopped Chicken Salad, Tex-Mex Lunch Bowl, Chicken Balsamico, Roast Rosemary Pork, Susan's Pseudo Spaghetti Carbonara, Sweet Potato & Black Bean Fritters, Sizzling Spuds with Sage, Sesame Roasted Broccoli, Strawberry Shortcake, Peach Crisp, Double Nut Chocolate Biscotti, and more. Color photos and nutritional data for every recipe, gluten-free icons.

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Stanley Torres:

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Violet Shook:

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Monika Cunniff:

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