



A Guy's Guide to Great Eating: Big-Flavored, Fat-Reduced Recipes for Men Who Love to Eat

Don Mauer

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From the author of the spectacularly successful *Lean and Lovin' It*, a brawny collection of big-flavored, fat-reduced recipes for men who love to eat. A once overweight guy who never met a food he didn't love, Don Mauer learned the hard way that most low-fat cookbooks don't appeal to meat-and-potatoes taste buds and come with skimpy portions that may work for New York fashion models but leave men hungry. This cookbook is different, written for men by a real guy with a big appetite. The 175 easy-to-make recipes - Smokin' Chili Pepper Cheeseburgers, Seemingly Sinful Fat-Free Roasted Garlic Whipped Potatoes, Chocolate Chocolate-Chip Pie, Fresh Blueberry Cobbler - are based on Mauer's own favorites. The guy-sized portions get 20 percent or less of their calories from fat, and each recipe comes with a full nutritional analysis, including the amount of saturated fat. *A Guy's Guide to Great Eating* will end the arguments in the kitchen between men who insist on eating what they love and the people who love them.

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