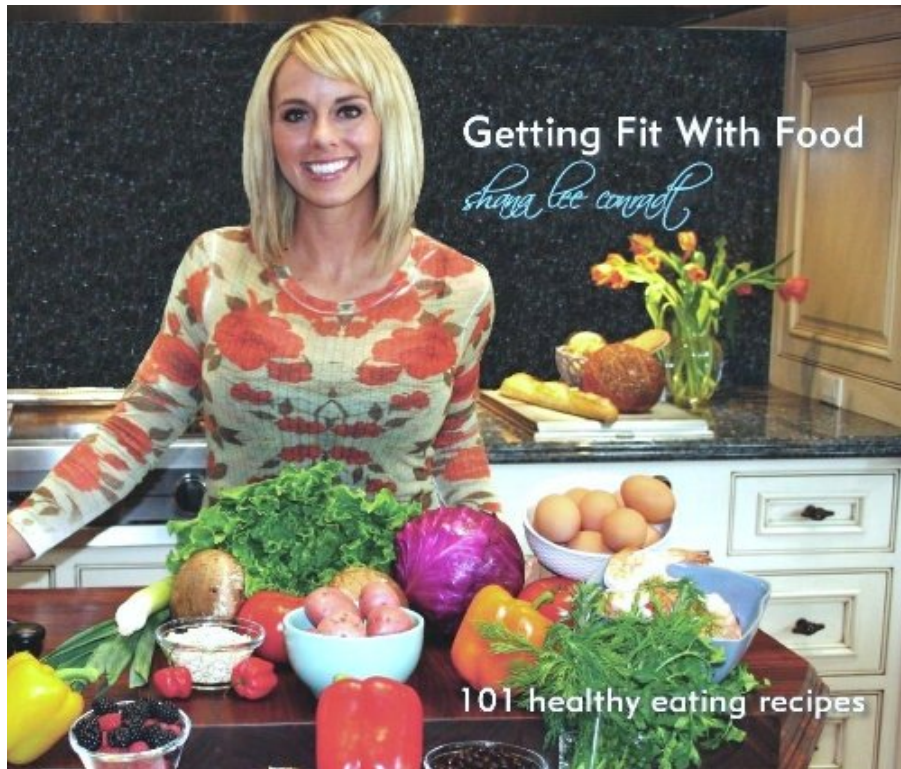


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Review

Debunks the myth that eating right means eating boring. --Publishers Weekly Select

Features 101 healthy eating recipes that include everything from appetizers to entrees to desserts and low-carb, gluten-free and vegetarian selections. Every recipe includes prep and cook time, full-color photos, step-by-step instructions and nutritional data. --Appleton Post-Crescent

About the Author

The passion and drive that define Shana are apparent in everything she does. She has been a fitness instructor, weight loss consultant, teacher, educator and speaker for more than 10 years. Past experience includes: founding partner of Ellipse Fitness/Ellipse Management Company; co-founder Livewell Yoga; prenatal coach/yoga instructor; bodybuilding competitor; personal trainer for Kristin Steede, a contestant on season 7 of NBC's *The Biggest Loser*; and most recently, author of *Getting Fit With Food*, a healthy, motivational and inspirational cookbook.

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The idea that you can eat anything you want as long as you commit yourself to a hardcore exercise regimen is probably the biggest mistake made when trying to reach fitness and health goals. Exercise is good and no doubt necessary, but 80% of reaching a health/weight related goal is determined by what you put into your body, mainly, your food. The goal of Getting Fit with Food is to encourage you to throw out the rice cakes and carrot sticks and learn that healthy food can taste fantastic. This book will debunk the myth that eating right means eating boring. Getting Fit With Food is your one-stop source for healthy recipes for any meal, snack or special occasion, complete with full-color photos, easy-to-follow step-by-step instructions, everyday foods and nutritional data for every recipe. It also contains 53 gluten free recipes, 39 low carb choices and 19 vegetarian meals which are all easy to locate using the glossary in the back of the book.

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- 128 pages

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A Must Have Book

By Michelle

I purchased this cookbook at a Gluten Free fair and I LOVE the book. I have celiac disease and I am also intolerant to dairy which limits to what I can and cannot eat. I have recommended this book to family and friends. The book has many options that are gluten free and I have been able make other items and leave out the dairy. I highly recommend this book.

0 of 1 people found the following review helpful.

Love It!

By angie kreutzman

I absolutely love this book! I am a member of Elipse Fitness in Saint Louis, Missouri. I am really trying to watch my diet and make good healthy choices that are high in protein and low in bad fats. Getting Fit with Food uses all the foods that I have come to love and makes delicious meals using them. Thanks! Angie

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