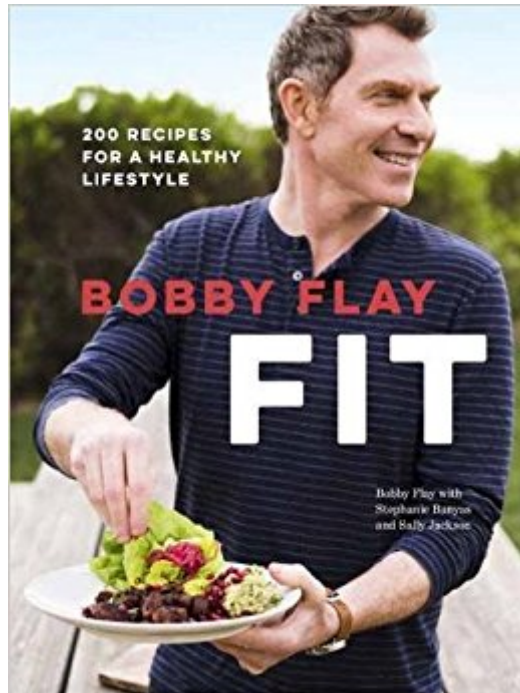




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Bobby Flay Fit: 200 Recipes For A Healthy Lifestyle



Synopsis

Cook, eat, and be fit with 200 recipes from Bobby Flay, whose approach to healthy eating is all about flavor—*not* eliminating anything from your diet. *With* a profession that has him constantly developing and tasting new recipes, chef Bobby Flay does not eschew any foods: bread, bacon, and butter are still all on the table. His secret to staying healthy is to have on hand an arsenal of low-calorie flavor bombs—*like* rubs, relishes, and marinades—to transform lean proteins, whole grains, and fresh produce into crave-worthy meals at home. In *Bobby Flay Fit*, Bobby shares smoothies and juices, breakfast bowls, snacks to fuel workouts, hearty salads, nourishing soups, satisfying dinners, and lightened-up desserts. With fitness tips and a look into the chef's daily healthy routines, this cookbook is for those who want to eat right without overhauling their pantries or sacrificing taste.

Book Information

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Customer Reviews

BOBBY FLAY, New York Times bestselling author and lifelong runner, is the chef-owner of the fine-dining restaurants Gato, Bar Americain, Mesa Grill, and Bobby Flay Steak and numerous Bobby's Burger Palaces. He is the host of many popular cooking shows on Food Network—from the Emmy-winning *Bobby Flay's Barbecue Addiction* to *Iron Chef America*, *Beat Bobby Flay*, and *Food Network Star*—as well as *Brunch @ Bobby's* on Cooking Channel and the online series *Bobby Flay Fit*.

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