



Crazy Plates - Low Fat Food So Good You'll Swear It's Bad for You!

Janet Podleski, Greta Podleski

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The *Looneyspoons* sisters are at it again! They've whipped up a brand-new batch of recipes so insanely good (and good for you), there could be only one explanation: Janet and Greta Podleski are crazy about food. And you'll be crazy about them.

Crazy Plates includes:

150 Fabulous Recipes and Featuring: Fat or fiction? Myths and truths about dieting, healthy living and fat-related issues

You do the Math. Actually, we do the math for you! We calculate the fat and calories over one year if you substitute low-fat foods for high-fat.

Who'da Think? Why do apples float? Why does popcorn pop? Interesting food questions you never thought to ask and never thought you'd need the answers.

Cooking 101. Tips and tricks to make you a magician in the kitchen!

What the heck is it? Unusual ingredients or cooking techniques explained.

Say it Ain't So. Shocking fat statistics about our favorite foods!

What's in it for me? Complete nutritional analysis: total fat, saturated fat, carbs, protein, sodium, cholesterol, fiber, and percentage of calories from fat

Short Takes. Fascinating facts and stats on: healthy eating/lifestyle issues such as cholesterol, fiber, salt, low-fat eating, and more

The Ex Files. Easy ways to get more movement into your life -- it's not quite like having a personal trainer, but it's a lot cheaper -- and still lots of fun!

Complete up-to-date nutritional information

Personal responses to their fans' letters and questions

Special sections on diet and lifestyle

All-new, all-wonderful, low-fat recipes including:

The Thigh Who Loved Me (Easy-to-make and extra tasty oven-barbequed chicken thighs), The Six Million Dollar Manicotti, My Yammy Spice (A nutritious twist on regular oven-baked fries), and Tuna Turner (Grilled tuna steaks with a tropical fruit marinade)!

"Janet and Greta Podleski make low-fat food high fun."-- *People*

"A cookbook that has the look, feel and impact of a graphic novel."-- *Publishers Weekly*

"The zaniest, most reader-friendly cookbook you're likely to encounter. It's humorous, informative, motivational, and full of energy--just like its authors."-- Mary Nagle, *Prevention*

Praise from *Looneyspoons* fans:

"Easy, delicious, and fun....This fantastic cookbook is a must for every household! The book is filled with

low fat recipes that don't taste like they are low fat."-- a reader from Portersville, CA.

"This is the most fabulous cookbook I have ever owned (and I have a lot of cookbooks)!"-- a reader from Halifax, Nova Scotia

"I saw the girls on the "Today Show" and immediately went out and purchased the book...without a doubt the greatest cookbook I've ever seen, low fat or not!"-- a reader from Detroit, MI.

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From reader reviews:

Mike Greene:

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Celeste Silver:

Reading can called mind hangout, why? Because when you find yourself reading a book specifically book entitled Crazy Plates - Low Fat Food So Good You'll Swear It's Bad for You! your brain will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely will become your mind friends. Imaging each word written in a book then become one contact form conclusion and explanation which maybe you never get before. The Crazy Plates - Low Fat Food So Good You'll Swear It's Bad for You! giving you an additional experience more than blown away your brain but also giving you useful info for your better life on this era. So now let us show you the relaxing pattern the following is your body and mind will be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Kimberly Smith:

Crazy Plates - Low Fat Food So Good You'll Swear It's Bad for You! can be one of your beginner books that are good idea. We recommend that straight away because this book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to set every word into pleasure arrangement in writing Crazy Plates - Low Fat Food So Good You'll Swear It's Bad for You! although doesn't forget the main position, giving the reader the hottest as well as based confirm resource facts that maybe you can be one of it. This great information can drawn you into brand-new stage of crucial imagining.

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