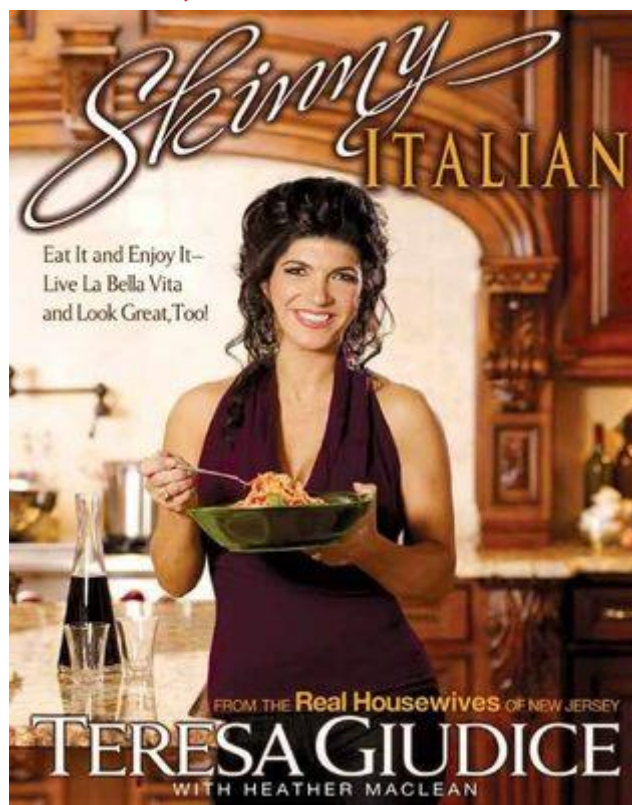


## Skinny Italian: Eat It And Enjoy It ? Live La Bella Vita And Look Great, Too! - Teresa Giudice



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Eat Spaghetti and Still Fit Into Your Skinny Jeans To many of us, "diet" is a four-letter word. And rightfully so. Starving yourself thin or keeping track of each bite like pennies in your checkbook is no way to live. So what's a girl with skinny jean dreams supposed to do Teresa Giudice has the answer. In fact, she was born with it. The first-generation Italian-American mom of four and svelte star of The Real Housewives of New Jersey credits her knockout figure to her Old World upbringing. And now, in her fun, encouraging, and budget-friendly cookbook, she skewers the myth that looking fabulous has to be a chore. In *Skinny Italian*, she reveals how to: substitute tedious meal plans with simple, flavorful recipeschoose fresh, flavorful ingredients instead of counting caloriessslow down and enjoy a faster metabolismreplace starvation with celebration by adopting an Italian attitude to cooking, eating, and entertaininglove food, love eating, and still love your body afterward Teresa shows how anyone can master the cornerstones of Italian cuisine. Learn how to make six different tomato sauces from scratch, how to choose and use the right olive oil, and how to prepare over sixty Giudice family recipes straight from Salerno. From Gorgeous

Garlic Shrimp to Beautiful Biscotti, you'll want to make these sumptuous recipes again and again. Discover how easy and economical wholesome, homemade cooking can be. Skinny Italian is not a diet book. It's an "eat it and enjoy it" book. Join Teresa and discover how gorgeous can be a sumptuous side effect to living la bella vita. Author: Giudice, Teresa Publisher: Hyperion Illustration: N Language: ENG Title: Skinny Italian: Eat It and Enjoy It ? Live La Bella Vita and Look Great, Too! Pages: 00256 (Encrypted EPUB) On Sale: 2010-05-04 SKU-13/ISBN: 9781401310356 Age: 18-UP Reading Level: 13-UP Category: Cooking : Regional & Ethnic - Italian

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