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THE BIGGEST LOSER DESSERT COOKBOOK: MORE THAN 80 HEALTHY TREATS THAT SATISFY YOUR SWEET TOOTH WITHOUT BREAKING YOUR CALORIE BUDGET (PAPERBACK)



Rodale Books, United States, 2010. Paperback. Book Condition: New. 213 x 201 mm. Language: English. Brand New Book. Each season on The Biggest Loser, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul....

Read PDF The Biggest Loser Dessert Cookbook: More Than 80 Healthy Treats That Satisfy Your Sweet Tooth Without Breaking Your Calorie Budget (Paperback)

- Authored by Devin Alexander, The Biggest Loser Experts and Cast
- Released at 2010



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