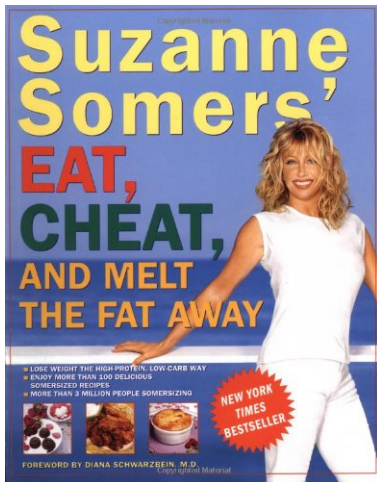


[PDF] Suzanne Somers' Eat, Cheat, And Melt The Fat Away

Suzanne Somers - pdf download free book



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Description:

Review "Having attempted numerous diets and weight-loss programs over the years - everything from cabbage soup diets to Weight Watchers -- my husband and I were quite skeptical when we first heard about Somersizing. But we immersed ourselves in the program. The results: My husband lost 27 pounds, and I lost 18 pounds. Your program has been a blessing!"
-- Sandy and Peter Alexander

"After the birth of my third child, I was discouraged by my eating habits and appearance. Being a mother of three with a busy life, I was aware the word 'diet' meant disaster. But two books and seven simple steps were all it took to change my life. In five short months, I was able to lose 30 pounds easily. In the last seven months I have lost an additional 31 pounds. I no longer look at food as the enemy. I urge anyone who wants to look and feel better to try this wonderful program."
-- Cheryl Lewandowski

From the Hardcover edition.

From the Inside Flap Find out how hundreds of thousands of people all across the country have melted the pounds away without dieting, without deprivation -- the Somersize way!

With her number one *New York Times* bestsellers **Eat Great, Lose Weight** and **Get Skinny on Fabulous Food**, Suzanne Somers spread the word about her revolutionary weight-loss program that's unlike any diet out there. When you Somersize, you can eat your favorite foods until you are full and change your metabolism without skipping meals. Unlike other weight-loss programs, you don't have to eliminate entire food groups or skimp on portions -- instead, you can trim your waistline and boost your energy levels without depriving yourself of healthy, great-tasting foods.

In her new book, **Suzanne Somers? Eat, Cheat, and Melt the Fat Away**, Suzanne shows loyal fans and newcomers alike that losing weight and getting fit are easier now than ever before. You'll be amazed at how the pounds just melt away when you eat hearty, rich foods like cheese, butter, meats, creamy sauces, and tempting desserts. The key is eating food in the right combinations to achieve maximum weight loss, while also lowering your cholesterol and blood pressure. **Eat, Cheat, and Melt the Fat Away** explains Somersizing in detail for those who have come to the plan for the first time. It also offers the latest Somersizing news, including:

- * how hormone imbalances affect weight gain and how to maintain your weight throughout every phase in your life, from puberty through your childbearing years to menopause;
- * how to Somersize with your children;
- * how to incorporate little "cheats" into the plan so you never feel deprived, but still lose weight;
- * information about the remarkable new natural sugar that allows you to eat sweets and still stay slim;
- * answers to the most frequently asked questions and concerns about Somersizing;
- * Somersize success stories that will inspire you to lose weight and get healthy.

And best of all, **Eat, Cheat, and Melt the Fat Away** also includes more than 100 new Somersize recipes that will tantalize your taste buds, including Pan-Fried Petrale Sole with Lemon, Butter, and Caper Sauce; Deep-Fried Turkey with Fried Onions and Herbs; Roasted Sweet Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves; Portobello Mushrooms with Bubbling Pesto; Molten Chocolate Cakes; Raspberry Souffle; and many more.

Portobello Mushrooms with Bubbling Pesto

PRO/FATS AND VEGGIES -- LEVEL ONE

Serves 4

These mushrooms make a great appetizer or a delicious accompaniment for a summer meal alongside a steak. They work especially well if you are using your outdoor grill, but you can also broil them in the oven.

4 large portobello mushrooms
Olive oil for brushing
Salt and freshly ground black pepper

1 recipe Basil Pesto (p. 155)
4 tablespoons freshly grated Parmesan cheese

Trim the stems off the mushrooms. Brush mushrooms with olive oil and season lightly. Cook gill side down over medium coals or in the broiler for 5 minutes.

Turn the mushrooms over and spread a spoonful of pesto over the entire surface. Continue to cook for 10 minutes or until the mushrooms are very tender and the pesto is bubbling. Sprinkle the Parmesan on top of the pesto and return to broiler until cheese is melted and golden.

Dawn's Deviled Eggs

PRO/FATS AND VEGGIES -- LEVEL ONE

Makes 10

My good friend Barry Manilow has a wonderful cook named Dawn. These are her delicious deviled eggs. Her original recipe includes avocado, which makes the filling green. Try it that way for Level Two.

5 hard-boiled eggs, halved lengthwise
1 tablespoon minced scallion, white and light green parts
1 large jalapeno pepper, seeded and minced
Juice from 1 lime
1 tablespoon mayonnaise
1/2 teaspoon kosher salt, or to taste
red chili flakes for garnish

Remove the yolks from the whites. Set the whites aside. Mash the yolks in a bowl with a fork. Add the scallion, jalapeño, lime juice, mayonnaise, and salt. Add more mayonnaise to reach desired consistency. Mash with a fork until blended. Using a teaspoon, carefully stuff whites with yolk mixture, mounding the tops.

For extra heat, garnish with red chili flakes.

For Level Two

Add 1 whole mashed avocado to the egg yolk mixture.

From the Hardcover edition.

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Buy a cheap copy of Suzanne Somers Eat, Cheat, and Melt the book by Suzanne Somers. Find out how hundreds of thousands of people all across the country have melted the pounds away without dieting, without deprivation -- the Somersize way With her Free shipping over \$10.Â Find out how hundreds of thousands of people all across the country have melted the pounds away without dieting, without deprivation -- the Somersize way With her number one "New York Times" bestsellers Eat Great, Lose Weight and Get Skinny on Fabulous Food, Suzanne Somers spread the word about her revolutionary weight-loss program that's unlike any diet out there. When you Somersize, you can eat your favorite foods until you are full and change your Read Full Overview. Edition Details. The Suzanne Somers diet plan (also called Somersizing) is a low-carb diet based on food combining principles. Learn about the pros, cons, and what you can eat.Â Pros and Cons. Is the Suzanne Somers Diet a Healthy Choice for You? At Verywell, we believe there is no one-size-fits-all approach to a healthy lifestyle. Successful eating plans need to be individualized and take the whole person into consideration.Â There are no restrictions on the type or amount of these pro/fat foods consumed; just don't eat them at the same time as you have carbs. So instead of a steak stir fry over rice, skip the rice and have the steak and vegetables on their own. For vegetarians, soy products such as tofu are in the pro/fats category too. And best of all, Eat, Cheat, and Melt the Fat Away also includes more than 100 new Somersize recipes that will tantalize your taste buds, including Pan-Fried Petrale Sole with Lemon, Butter, and Caper Sauce; Deep-Fried Turkey with Fried Onions and Herbs; Roasted Sweet Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves; Portobello Mushrooms with Bubbling Pesto; Molten Chocolate.Â Suzanne Somers is the author of seven books, including the New York Times bestsellers Keeping Secrets; Eat Great, Lose Weight; and Get Skinny on Fabulous Food. The former star of the hit television programs Threeâ€™s Company and Step by Step, Suzanne is also responsible for the wildly successful Thigh-Master fitness products and her own line of jewelry on the Home Shopping Network. SUZANNE SOMERS is the author of twenty-two books, including the #1 New York Times bestsellers Sexy Forever, Knockout and Ageless, and the Times bestsellers Breakthrough; Keeping Secrets, Eat Great, Lose Weight; Get Skinny on Fabulous Food; Eat, Cheat and Melt the Fat Away; Suzanne Somers' Fast and Easy; and The Sexy Years. Somers can be seen in her weekly talk show, The SUZANNE Show, on the Lifetime Network and in Suzanne Somers Breaking Through, her YouTube internet talk show hosted by CafeMom. Visit www.suzannesomers.com for more information on her shows, products, and her phenomenally And best of all, Eat, Cheat, and Melt the Fat Away also includes more than 100 new Somersize recipes that will tantalize your taste buds, including Pan-Fried Petrale Sole with Lemon, Butter, and Caper Sauce; Deep-Fried Turkey with Fried Onions and Herbs; Roasted Sweet Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves; Portobello Mushrooms with Bubbling Pesto; Molten Chocolate. Cakes; Raspberry Souffle; and many more. Portobello Mushrooms with Bubbling PestoPRO/FATS AND VEGGIES -- LEVEL ONE Serves 4These mushrooms make a great appetizer or a delicious accompaniment for a summer meal alo...Â I now have all of Suzanne Somers' books. The eating program is great and The recipes are fabulous!!!

Find great deals on eBay for eat cheat and melt the fat away. Shop with confidence. by Suzanne Somers | Hardcover. Pre-Owned. 5.0 out of 5 stars. 13 product ratings - Suzanne Somers Eat, Cheat, and Melt the Fat Away: *Feast on Real Foods--Includi. This recipe comes from Suzanne Somers' book Eat, Cheat and Melt the Fat Away. We often serve this sauce over steak, with caramelized onions and sauteed mushrooms - it's so good, I could eat it with a spoon! Make IT shine! ADD Your photo. Total Fat 260.4 g 400 %. Saturated Fat 164.7 g 823 %. Cholesterol 705.5 mg 235 %. Sodium 1768.1 mg 73 %. And best of all, Eat, Cheat, and Melt the Fat Away also includes more than 100 new Somersize recipes that will tantalize your taste buds, including Pan-Fried Petrale Sole with Lemon, Butter, and Caper Sauce; Deep-Fried Turkey with Fried Onions and Herbs; Roasted Sweet Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves; Portobello Mushrooms with Bubbling Pesto; Molten Chocolate. Cakes; Raspberry Souffle; and many more. Portobello Mushrooms with Bubbling Pesto PRO/FATS AND VEGGIES -- LEVEL ONE. Sprinkle the Parmesan on top of the pesto and return to broiler until cheese is melted and golden. Dawn's Deviled Eggs PRO/FATS AND VEGGIES -- LEVEL ONE. Makes 10 My good friend Barry Manilow has a wonderful cook named Dawn. Suzanne Somers - Suzanne Somers is an actress, probably best known for playing Chrissy Snow on the T.V. Series Three's Company. Somers is the third of four children born to. 2. Suzanne Somers' Eat, Cheat, and Melt the Fat Away. 1 own. 3. Keeping Secrets. The Suzanne Somers diet plan (also called Somersizing) is a low-carb diet based on food combining principles. Learn about the pros, cons, and what you can eat. Pros and Cons. Is the Suzanne Somers Diet a Healthy Choice for You? At Verywell, we believe there is no one-size-fits-all approach to a healthy lifestyle. Successful eating plans need to be individualized and take the whole person into consideration. There are no restrictions on the type or amount of these pro/fat foods consumed; just don't eat them at the same time as you have carbs. So instead of a steak stir fry over rice, skip the rice and have the steak and vegetables on their own. For vegetarians, soy products such as tofu are in the pro/fats category too.