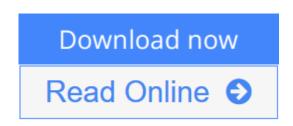


Cooking Healthy with a Man in Mind (Healthy Exchanges Cookbook)

By JoAnna M. Lund, Barbara Alpert



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Many men want-or need-to lose weight and eat healthy, but they're convinced that low-fat, low-cholesterol "diet" food will never satisfy their hearty appetites. That simply isn't the case, and JoAnna Lund proves it with this collection of healthy dishes that real men everywhere will love. From man-sized main dishes to delectable desserts, these easy-to-make recipes are perfect for women who always have their hungry men in mind-or men who man the stove themselves.

Recipes include:

Mexican Cheese Soup Skillet Tomato Mac 'n' Cheese He-Man's Gravy and Biscuits Ham Lasagna Toss Pizza Muffins Orange Push-Up Cheesecake Mom's Apple Pie and more

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Editorial Review

About the Author

JoAnna M. Lund has been profiled in many national and local publications and been featured on hundreds of radio and television shows. She is also a popular speaker with weight-loss, cardiac, diet, and other health support groups.

Barbara Alpert is the co-author of many books with JoAnna Lund.

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