



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

By JoAnna M. Lund, Barbara Alpert

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**Cooking Healthy with a Man in Mind (Healthy Exchanges Cookbook)** By JoAnna M. Lund, Barbara Alpert

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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**Catherine Hershey:**

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