

1. Record Nr.	UNINA9910158597603321
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Titolo	100 Weight Loss Bowls : Build Your Own Calorie-Controlled Diet Plan
Pubbl/distr/stampa	New York : , : Dorling Kindersley Publishing, Incorporated, , 2017 ©2017
ISBN	1-4654-6159-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (246 pages)
Disciplina	641.82
Soggetti	One-dish meals Cooking (Natural foods) Reducing diets Cookbooks.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Bowls are a delicious way to lose weight and eat healthy, but they can also be laden with hidden calories. Every recipe in 100 Weight Loss Bowls comes in at under 400, under 500, or under 600 calories. The book is clearly labeled to allow you to easily build a meal plan each day that meets your daily target for gradual and sustained weight loss. The recipes are inspired by the very latest bowl food trends, such as pho, grain, smoothie, rice, poke, acai, and Buddha bowls. They are all color-coded with calorie bands, so you can easily find a nutritious, balanced bowl that suits you. Delicious, simple, and surprisingly indulgent, every bowl in 100 Weight Loss Bowls is guaranteed to be low in calories and high in flavor. The book includes:</p> <ul style="list-style-type: none"> - 100 delicious recipes and a feast of different bowl types, including pho, Buddha, poke, burrito, grain, rice, smoothie, and acai bowls. - Color-coded recipes by calorie count: either under 400 calories, under 500 calories, or under 600 calories--this makes it easy to select recipes that meet your required calorie intake for the day. - Recipes organized into quick breakfasts, relaxed brunches, portable meals, bowls to create in under 20 minutes, and "instant-assembly" bowls. - Smart tips for shopping, stocking up, prepping ahead, and building a weight-loss plan to suit any age and

body type.
