

YOU'LL ALSO GET Marlene's Guide to essential ingredients; fun and informative healthy cooking tips; valuable information on nutrition, meal planning, and diabetes; along with a complete nutritional analysis for every recipe.



MARLENE KOCH, author of *Marlene Koch's 375 Sensational Splenda Recipes*, is a "magician in the kitchen" when it comes to making healthy food taste great (especially desserts!). She is a registered dietician and best-selling author with more than 700,000 cookbooks in print. A popular guest on QVC, her sensational books and incredible-tasting recipes have appeared everywhere from *Cooking Light*, *Men's Fitness*, and *Diabetic Cooking* magazines to the *Today Show* and the Food Network. She's also the go-to cook for a large food-loving family who refuses to give up the foods they love! Visit Marlene at www.marlenekoch.com.

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www.runningpresscooks.com



As seen on
QVC



"I passionately believe that no one wants to give up the foods they love—nor should they have to!"

—MARLENE KOCH

Enjoy all the delicious foods you love—guilt free as you effortlessly cut the sugar, slash the fat and calories, and curb the excess carbs. *Eat What You Love* is the perfect family cookbook with healthy recipes that never sacrifice taste. This book includes:

- More than 300 quick and easy recipes (most take less than 30 minutes), with complete nutritional analysis including carb choices and weight watcher point comparisons.
- Dozens of Marlene's famous desserts: Amazing Peanut Butter Cookies, Key Lime Cheesecake "Cupcakes," 5-Minute Blackberry Crisp, and Unbelievable Chocolate Cake.
- Mouthwatering recipes inspired by popular restaurants, such as Jamba Juice® (Berry, Berry Lime Smoothie), Schlotzky's® (Way Better For You Tuna Melt), Panda Express® (Quicker Than Take Out Orange Chicken), Chili's® (Beef Fajitas), and Bob Evans® (No-Sugar Apple Pie), with Marlene's stunning Dare to Compare nutrition comparisons.

DARE to COMPARE.....
A small Cake 'n Shake™ milkshake at Cold Stone Creamery® has a staggering 1140 calories, 60 grams of fat and 115 grams of carbohydrate! Marlene's Vanilla Cake Batter Milkshake has just 175 calories, 4 grams of fat, and 27 grams of carbohydrates (with no added sugars!)



EAT what you **LOVE**
KOCH



MARLENE KOCH



EAT what you **LOVE**



Great for
**WEIGHT LOSS
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More Than 300 INCREDIBLE RECIPES
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EAT
what you
LOVE

IMAGINE EATING ALL THE foods you love without having to worry about any added sugar, fat, or calories. Now you can!

Bestselling cookbook author Marlene Koch has worked her magic once again, this time bringing you and your entire family *all* the foods you love with more than 300 brand-new recipes.

Whether the food you crave is savory or sweet, you'll find it here. *Eat What You Love* is filled with incredible-tasting, better-for-you recipes for everyone's favorite foods, from luscious milkshakes and melty sandwiches to creamy soups and crunchy "fried" foods—along with recipes for fresh salads, perfect pastas, and, of course, lots of desserts.

Marlene worked over two years to select and perfect these recipes because she not only wanted to include all the foods we love to eat—from high-fat classic comfort foods to rich restaurant favorites—she had to be sure her versions tasted as good as the originals. (And we're proud to say they're often even better!) Chock-full of mouthwatering photographs, this is one family cookbook everyone is sure to love!