



# Lose Weight by Eating

*Audrey Johns*

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## Lose Weight by Eating Audrey Johns

Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbook—featuring more than 130 clean eating recipes and gorgeous full-color photos—from the popular weight loss blogger who lost 150 pounds in eleven months.

At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food” and taught herself to cook her favorites from scratch. Within eleven months, Audrey mastered the kitchen, began to take better care of herself, and lost more than 150 pounds—over half her body weight.

Now, Audrey shares her story, insights, and clean eating recipes to help you slim down. *Lose Weight by Eating* includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, fried chicken, nachos, meatloaf, and cookies—all bursting with flavor and fewer than 500 calories per serving. Most recipes use simple and inexpensive smart swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and husband-approved.

Imagine losing eight to sixteen pounds the first week and fifteen to twenty-five pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake bars! *Lose Weight by Eating* lets you enjoy these delights and more, such as “Jelly Doughnut” French Toast, California Club Pizza, Whole Roasted Chicken with Potatoes and Onions, Veggie Packed Lasagna, Cheddar Stuffed Turkey Burgers, Chocolate Peanut Butter Dip with Fruit, and Skinny Cheesecake with Raspberry Drizzle. Audrey also provides a handy six-week meal plan and weight loss tips to keep you motivated.

*Lose Weight by Eating* is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every day—and still shed those unwanted pounds.

## Lose Weight by Eating Details

Date : Published April 12th 2016 by William Morrow Cookbooks

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Author : Audrey Johns

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## From Reader Review Lose Weight by Eating for online ebook

### Doan says

This is REAL food...but not for me.

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### Bojana says

I really enjoy this simple approach to healthy eating in that it is mostly common sense. She lays it in a very easy to approach manner, stop eating processed food and fill your grocery cart with fresh food. Stop buying 100 calorie snack packs full of preservatives and eat a piece of fruit instead! Super simple stuff and yet sometimes we lose track of the basics.

I use her meal plans religiously every week and there has been a huge reduction in eating out and a bunch of my family members have lost weight since I started preparing meal plans each week.

Anyways as for the recipes, I wouldn't say this is my go to for healthy meals specifically. There are a few meals that I have made and they have been great; but they are pretty basic stuff that I already know how to make or have in other cookbooks.

I will say she has a lot of great dessert and baked good recipes in this book. Also her pizza dough is fabulous and was a major hit at my house! I'm not a soda drinker but she also has some recipes for infused drinks to replace soda cravings so that might be nice for some folks.

Overall I would definitely recommend this book to anyone looking to eat healthier, esp. people with a sweet tooth! Also her section on salads is contained in a single page so if you are a salad eater there isn't a chapter dedicated to them in this book.

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### Megan Allen says

I don't really like to cook but I love making this stuff. Everything has been easy & delicious! Love love love! Chicken pot pie, Pizza, and Granola are my favorites so far

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### K Stile says

I was excited to find new recipes as I truly believe the best way to lose weight is to just eat real food. Unfortunately, almost every recipe in this book begins with all purpose flour... no thanks!

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### Pam says

I needed to make some changes to my diet in order feel better and increase energy. This book was the perfect fit for me. Audrey Johns provides helpful, accessible suggestions to transition to a clean eating lifestyle.

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Thanks to her suggestions, I quit Diet Coke cold turkey and switched to fruit infused waters. She's right: What I am drawn to is the bubbles, and there are lots of healthier, cleaner ways to drink bubbles. Two months later, I don't crave Diet Coke at all--but I drink strawberry and mint infused water every day! My family and I have loved all of the recipes we have tried thus far. This is a book I read and reread. I have the ebook; I am contemplating purchasing a hardcover copy as well, since I read it almost daily and the pictures are inspiring. I appreciate Audrey Johns' website as well.

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### **Lita Acevedo says**

This was just okay for me because I'm not a fan of most of the foods in the book. However, for others it might be a really good diet book.

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