



## Cooking with Trader Joe's Cookbook: Lighten Up!

*Susan Greeley , Dan Komoda (Photographs)*

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Weighed down by belly fat? Lighten Up! Say goodbye to implausible fad diets, and get the healthy, slim body you want for good! The trick is simple tweaks in the way you eat long term, and your secret weapon, Trader Joe's. Registered Dietitian Susan Greeley takes the convenient and delicious ingredients found at Trader Joe's and brings you a guide to good carbs and smarter eating.

## Cooking with Trader Joe's Cookbook: Lighten Up! Details

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## **From Reader Review Cooking with Trader Joe's Cookbook: Lighten Up! for online ebook**

### **Sheila Paigly says**

I won this book in a goodreads giveaway.

I was excited to get this book. I work by a Trader Joe's and go there almost every day.

This book contains menu planning ideas to do while shopping at Trader Joe's, from breakfast to dinner and desserts, including snacks. The recipes all not complicated and use items that you can find at Trader Joe's, however most ingredients you can buy elsewhere if you are not near a Trader Joe's. Each recipe has a beautiful color photo that made me want to try everything in the book.

While I did not follow the menu planing suggestions, I did enjoy everything I cooked out of the book. Some of my favorite recipes are the "Creamy" Red Pepper-Basil Pasta, Roast Rosemary Pork and Sweet Onion and Bacon Frittata. I recommend this book if you are looking for something new and light to try.

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### **Sue Klasing says**

Some good recipes, I tried a few.

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### **Anne says**

Great little cook book of ideas.

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### **Suzanne says**

Loved this fresh, fast, yummy collection of reasonable recipes! First attempts successful:-)

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### **Kirsti says**

A Trader Joe's just opened in my neighborhood, and I thought I remembered that the local library had a cookbook based on Trader Joe's foods. I was wrong . . . the library has TEN different cookbooks based on Trader Joe's foods. This one was pretty good, and I marked half a dozen recipes to try. The author uses whole foods (no pun intended) rather than ready-made stuff, so these recipes are doable even if you don't go to TJ's.

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