



The Biggest Loser Simple Swaps: 100 Easy Changes to Start Living a Healthier Lifestyle

Cheryl Forberg , Melissa Roberson

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The road to a healthier lifestyle starts with small decisions and better choices. Now, with *The Biggest Loser Simple Swaps*, you can get healthy by simply swapping your old food, habit, and lifestyle choices for healthier versions every day. With 100 simple swaps that cut calories, save money, and provide better nutrition as well as more than 30 mouthwatering recipes that put these swaps into action, getting fit and healthy has never been easier. Learn how to:

Swap lasagna noodles for veggies. Pasta used to be a guilty pleasure for many Biggest Losers—until they learned to make a healthy version. Try replacing lasagna noodles in your favorite recipe with slices of grilled zucchini or eggplant. Better yet, try the Veggie Lasagna recipe in Chapter 4!

Swap traditional yogurt for Greek-style yogurt. Greek-style fat-free yogurt contains the same number of calories as regular fat-free yogurt but has *twice* the protein and half the carbs. It's a great base for dips, too. Try using it in the French Onion Dip in Chapter 5!

Swap sugary cereals for whole grains. The slow release of energy from complex carbs will help you feel full and keep your blood sugar steady and your energy revved. Or turn to Chapter 5 to make your own Hi-Pro Vanilla Breakfast Grains!

Throughout the book, you'll also find advice and tips from *The Biggest Loser* experts, trainers, and the contestants themselves, who understand the challenges of fitting lifestyle changes into a busy schedule. These simple, budget-friendly swaps can make a major difference in your health and weight loss efforts. Start swapping—and losing—today!

The Biggest Loser Simple Swaps: 100 Easy Changes to Start Living a Healthier Lifestyle Details

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From Reader Review The Biggest Loser Simple Swaps: 100 Easy Changes to Start Living a Healthier Lifestyle for online ebook

Jill Kemerer says

Quick, easy read full of health tips. I found this very motivating and especially loved the sound bites from past contestants. This book doesn't feel inaccessible. It makes getting healthy and in shape look fun!

Laura says

I got some really great tips, great recipes. I know what I got from this book is going to help to eat and be healthy. If you want that push get this book and just start by making this simple swaps if you don't want to make a drastic change right away. Just keep at it and Good luck. If you have a bad day just start over the very next day. :)

Barbara says

This was a good basic nutrition book whether you need to lose a lot of weight or just want to eat healthier. It introduced some foods that I was not aware of, but I'm now curious to try. It also gave lists of what foods are good if you want calcium, Vitamin C, etc.

Since I am not in the neighborhood of needing to lose a massive amount of weight, I could disregard advice based on a change of lifestyle to lose a lot of weight, but a lot of the advise was good for just maintaining a healthier lifestyle.

It was a fairly quick read and had some recipes that I am interested to try.

Heather says

Had some very good suggestions and some inspiring stories from former contestants on the show.

Debbie says

I picked this up because I thought it would be full of recipes and ideas for healthier eating. While there were some recipes, the bulk of the book is focused on Biggest Loser contestants' stories.

K. Gibson says

Adequate

Cassandra says

found some new recipes to try BUT didnt like the book itself

Andrea says

This book had some good idea's from the nutritionist, staff, and contestants on the Biggest Loser. People with a good idea of nutrition may find this book to be mostly information they already know. However, it is a great starting point for people trying to be more healthy and develop a "clean" eating lifestyle. I also want to mention that there are some yummy recipes that are very healthy and creative!

Emelda says

If I had no idea where to start, it'd be good. It tried to be motivational, but was just repetitive. I took a few new things out of it, but besides that, meh.

Amanda says

Probably some good info on exercise and calorie intake, and there are some inspiring points, but overall I wasn't a big fan of this book. Most of the recipes included things I had never even heard of, and I wont make any of them. And, by the end, I was tired of hearing how everyone can do it, even at home.

Angie says

This was an ok book. I did enjoy reading the success stories of some of the past contestants. However, most of the other information in the book was commonly known and a bit repetitive. Also, most of the recipes in this book contained too many ingrediants I had never heard of, and would probably never use.

Mandeep says

more emphasis on past contestants stories

Alison Diem says

Really great guide. Lots of tips and motivation. Tried a few recipes and they were really tasty and good.

I'm really happy that the focus of the BL series is on whole foods as opposed to diet foods (with artificial sweeteners, etc.).

I took away a lot from this book and would suggest it to anyone trying to make serious changes to their lives, food and fitness wise. This isn't a magic pill and the authors are more than willing to admit that.

Felt like I was on the right track after I finished the book.

Cory says

Have I mentioned that I'm obsessed with Biggest Loser? There were some recipes that I'll try, but otherwise, the "swaps" were either things I do already or things I would NEVER do (no matter how much I may want to be healthy).

Trapped In says

I rated this book as a 4 because I think it has some really good information in it even though most of the information wasn't new to me. I also discovered my new favorite kitchen gadget because of this book. I adore my Misto Olive Oil Sprayer. I've tried some of the recipes. Some were good and some were not exactly all that I had hoped for. You can read my full review on my blog.
<http://www.trappedinafatchick.blogspot...>

You can buy a Misto Gourmet Olive Oil Sprayer, Tomato on Amazon.
