



Skinny Italian: Eat It and Enjoy It - Live La Bella Vita and Look Great, Too! (Paperback)

By Teresa Giudice, Heather MacLean

Hyperion, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Eat Spaghetti and Still Fit Into Your Skinny Jeans To many of us, diet is a four-letter word. And rightfully so. Starving yourself thin or keeping track of each bite like pennies in your checkbook is no way to live. So what s a girl with skinny jean dreams supposed to do? Teresa Giudice has the answer. In fact, she was born with it. The first-generation Italian-American mom of four and svelte star of The Real Housewives of New Jersey credits her knockout figure to her Old World upbringing. And now, in her fun, encouraging, and budget-friendly cookbook, she skewers the myth that looking fabulous has to be a chore. In Skinny Italian, she reveals how to: substitute tedious meal plans with simple, flavorful recipes; choose fresh, flavorful ingredients instead of counting calories; slow down and enjoy a faster metabolism; replace starvation with celebration by adopting an Italian attitude to cooking, eating, and entertaining; love food, love eating, and still love your body afterward! Teresa shows how anyone can master the cornerstones of Italian cuisine. Learn how to make six different tomato sauces from scratch, how to...



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