



## Skinny Meals: Everything You Need to Lose Weight-Fast! (Skinny Rules)

By Bob Harper

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#### #1 NEW YORK TIMES BESTSELLER

From Bob Harper, the bestselling author of *The Skinny Rules* and *Jumpstart to Skinny* and the star of NBC's ongoing smash reality show *The Biggest Loser*, comes 100 delicious new recipes (all of them under 330 calories!), a month of new menu plans, and indispensable shopping lists and cooking tips that all follow Bob's practical strategies for getting thin!

#### THE TASTIEST MEALS FOR HELPING YOU LOSE WEIGHT—FAST!

In *The Skinny Rules*, super-motivator Bob Harper introduced the twenty nonnegotiable eating and lifestyle principles that pave the way to quick and permanent weight loss. Since then, thousands of fans asked for more guidance and inspiration! *Skinny Meals* answers the call, delivering 100 new Skinny Rules—abiding recipes (all of them under 350 calories!) and a month's worth of new menu plans that will satisfy you at every meal. From an Apple Pie Shake for breakfast to Zucchini Noodles with Avocado Cream Sauce for dinner, Bob has done all the tricky calorie, protein, carb, sodium, and fiber counting so you can meet his Rules goals without even thinking about them! With easy, prepare-ahead strategies, handy shopping lists, and cooking tips, *Skinny Meals* is your ultimate guide to slimming down and staying fit. Just shop, chop, and enjoy!

#### Praise for *Skinny Meals*

“*Skinny Meals* rocked my world. . . . It's not just a how-to book. It includes so many yummy food ideas that . . . it's easy to get through the day without feeling like you're denying yourself. . . . I may have found the diet book that changes my life.”—*Books for Better Living*

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## **Bibliography**

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### Editorial Review

#### Review

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#### About the Author

**Bob Harper** is a world-renowned fitness trainer and the longest-reigning star of the NBC reality series *The Biggest Loser*, which went into its fourteenth season in January 2013. He has released several popular fitness DVDs and is the author of the #1 *New York Times* bestsellers *The Skinny Rules* and *Jumpstart to Skinny*. Harper still teaches a local spin class in Los Angeles, where he resides with his dog, Karl.

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