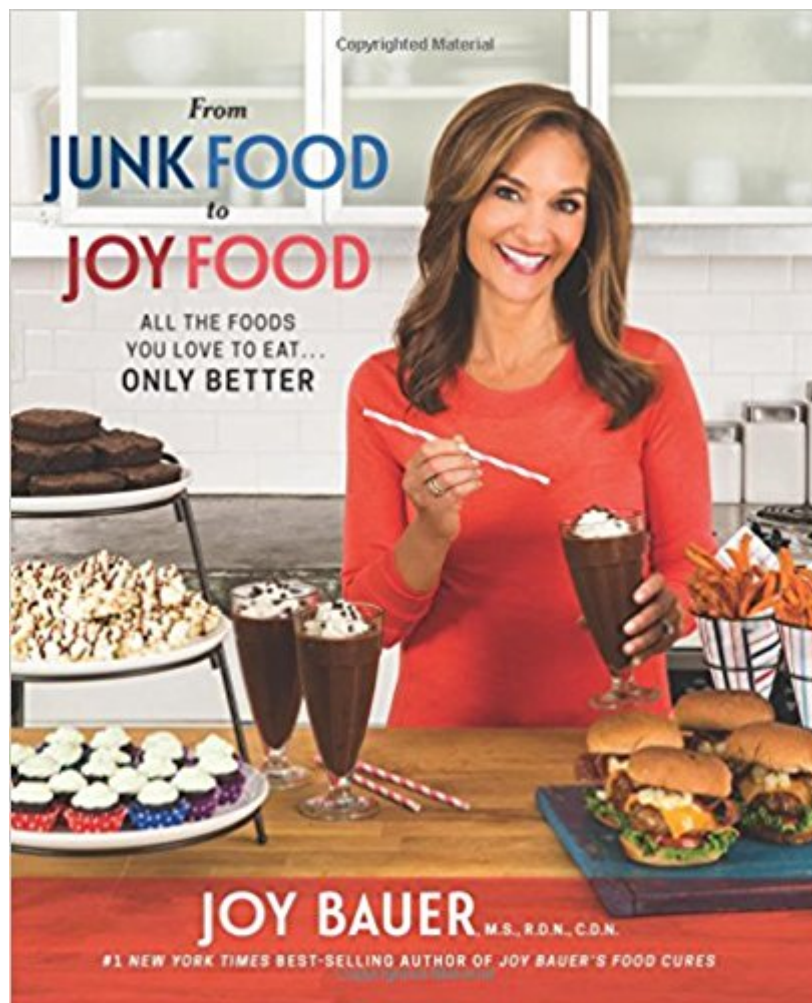




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# From Junk Food To Joy Food: All The Foods You Love To Eat...Only Better



## Synopsis

“Two carrots up to Joy for her new book, *From Junk Food To Joy Food*. These recipes really are amazing and no one dishes them up with more JOY!” —Kathie Lee Gifford and Hoda Kotb, co-hosts of NBC’s *The Today Show*

Think weight loss has to mean saying farewell to all your fattening favorites? French toast? Cinnamon buns? Bacon cheeseburgers? Buffalo wings? What about grilled cheese sandwiches and fettuccine Alfredo? Or pumpkin pie, brownies, and chocolate ice cream? It seems absurd—even unfair—that you should have to drop these from your diet just to drop a few pounds. Well, hang onto your fork because now you don’t have to give up any of these indulgent dishes!

In *From Junk Food to Joy Food*, New York Times best-selling author and *The Today Show* nutritionist Joy Bauer transforms your favorite foods from junky to joyful. Using smart substitutions and innovative combinations, Joy shows you how to preserve taste while cutting calories, fat, sugar, and carbs, so you can enjoy slimmed-down, more nutrient-packed versions of the foods you love. Instead of feeling bloated, heavy, and lethargic, you’ll feel lighter, energized, and healthy. It’s a delicious dream come true!

Feeling skeptical about skinny spins of classic dishes like mac and cheese and cheesecake? All the recipes have been tested—and retested—by Joy’s family, friends, and neighbors (and then some). The dishes that made it into this book did so only after they received the coveted two thumbs up from everyone who sampled them—including Joy’s three children and their picky friends. In other words, these recipe re-dos passed with flying colors when compared to their more caloric counterparts. So you can dive right in without an ounce of guilt!

With more than 115 recipes covering breakfast to dessert—plus everything in between—*From Junk Food to Joy Food* will show you that you don’t have to sacrifice taste to eat well. These slimmer spins will leave you feeling and looking great!

## Book Information

Paperback: 276 pages

Publisher: Hay House, Inc.; Reprint edition (April 18, 2017)

Language: English

ISBN-10: 1401950396

ISBN-13: 978-1401950392

Product Dimensions: 7.4 x 0.6 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 368 customer reviews

Best Sellers Rank: #10,452 in Books (See Top 100 in Books) #56 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #105 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #208 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Joy Bauer is one of the nation's leading health authorities and the nutrition and health expert for NBC's Today show. She is the host of the Today show's popular series "Joy Fit Club" and "From Junk Food to Joy Food." Her food line, Nourish Snacks, has a mission of providing grab-and-go treats that taste as good as they are good for you. Joy is a #1 New York Times best-selling author, a monthly columnist for Woman's Day magazine, the women's health expert for About.com, and the creator of JoyBauer.com. She lives with her husband, Ian, her three kids, Jesse, Cole, and Ayden Jane, and her dog, Gatsby. Visit [www.joybauer.com](http://www.joybauer.com).

I've lost 299 pounds and I'm currently in a successful maintenance mode. I eat well--and only things I truly enjoy, but my biggest challenge has been increasing the variety of my choices. Enter Joy Bauer's latest book--and wow, here's the variety I was looking for in my food plan. Joy's food philosophy as it applies to weight loss and simply taking better care, in general, mirrors not just my thoughts--it mirrors my experience. Joy is spot on. I'm looking forward to learning a lot from her work! Make it easy, make it healthier, make it taste incredible--and I'm there, every time. And that's exactly what she does with this book. The first recipe I tried was Barbecue "Ribs." I chose this one for a reason. Several years ago, after learning of the BBQ Rib menu at a special function I was set to attend, I did my calorie counting research and was absolutely appalled at what I found. One single rib, depending on size, could be anywhere from 250 calories to 450 or more---for one rib!!! It didn't fit into my calorie budget at all. So I declined the ribs on that occasion. And on every other occasion since... Because it was that night--over six years ago, I declared ribs off limits simply based on calorie value. I concluded there would never be a circumstance worth the caloric investment required for BBQ Ribs. Until now. Joy wrote, "I totally rethought ribs." And now, thanks to her, I have too!!! I couldn't find a sugar free BBQ Sauce, so I made my own.--and following Joy's recipe, the double serving (8oz) of "ribs" checked in at a very manageable 389 calories. I'm impressed. The "ribs" were incredibly delicious--with all the taste of meaty-dripping with sauce, ribs. It was plenty of

food (more than enough, actually)--and a great calorie value!! I would have never thought to rework "ribs" in this exceptionally creative and delicious way. Embracing my weight loss maintenance food plan starts with truly enjoying what I'm eating each day. The more variety I can add to my regular selection of good choices, the better! Thank you, Joy, for putting together an exceptional book that helps me do exactly that!! I'm not DIETING, I'm LIVING!

As a proud member of the "Joy Fit Club", and someone who has lost 300 lbs and has maintained that weight loss for many years, I can personally attest to Joy's genuine dedication to helping the "dieter" both achieve success and to do it correctly. Joy's enthusiasm for healthy living comes to life in this beautifully illustrated book that teaches the reader how to remove the barrier of deprivation from their dieting vocabulary. As someone who has successfully lost a tremendous amount of weight and now lives a healthy lifestyle I agree 100 percent that depriving yourself of your favorite junk foods that you crave is the leading cause of failure when dieting, this book removes that barrier allowing you to feel as if nothing is off limits and is THE key to success. On every page, Joy magically transforms those forbidden foods into guiltless pleasures eliminating the deprivation factor and leading you down the road to dieting triumphs and healthful living. With uncomplicated tweaks and simple ingredients the no-no foods are suddenly yes-yes foods! I highly recommend this book..not only does Joy have a genuine passion for life and a healthy lifestyle that comes through both on the Today Show and on the written page, but the quick, easy transformations of food from Junk to Joy truly will make your weight loss journey a pleasure and set you up to win the battle with junk food.....for life!!

This is a rather interesting cookbook: the premise is to take the junky food we like (things like pop tarts, cheez its, potato salad though no brand names are used) and with a few simple changes, create healthier alternatives. Author Bauer wisely avoids altering them too much - we're not talking perfectly healthy here. But this is a case of small changes making a decided difference over time. The book breaks down as follows: Chapter 1: Better For You Breakfasts; Chapter 2: Delicious Dips and Appetizers; Chapter 3: Scrumptious Soups and Sandwiches; Chapter 4: Slimming Sides, Salads, and Dressings; Chapter 5: Simple Satisfying Suppers; Chapter 6: Palate Pleasing Pizzas and Pastas; Chapter 7: Decadent Desserts; Chapter 8: Creative Cocktails, Mocktails, and Beverages. Conversion charts, index. The book is beautifully presented with easy to use recipes and bright, colorful photographs. Each recipe has a picture/description of the original 'less healthy' version (the 'junk food') and then a healthier recipe alternative (the "joy food"). But this is a recipe

book based on calories, not necessarily health. E.g., many of the recipes remove egg yolks - which brings the calorie count down but doesn't, in my opinion, necessarily make the meal healthier. Other recipes just use skim milk products over heavier cheeses and creams. E.g., macaroni and cheese is never going to be healthy - but replacing cream and butter with reduced fat cheese and less butter makes for a better alternative (and takes the calories from 1300 to 400). Nutrition information, serving size, alternatives/twists are also included. This book is a compromise between a healthy lifestyle and junk food bonanza. On the one hand, you have zucchini replacing pasta and slimmer versions of various meat and dairy products. But on the other hand, recipes call for things like canned marinara sauce (which have a lot of artificial sugars like corn syrup) or ketchup (the same). And any nutritionist will tell you that calorie counting is not the way to determine food health or healthy eating. But the book is very friendly, nicely presented, and there are some great ideas in there for changing eating patterns. Reviewed from an advance reader copy provided by the publisher.

Never thought substitutes could taste as better than the original, and lost weight in the process.  
Great book

I never use cookbooks (I'm lazy), but I use this one ALL THE TIME! Delicious food that's easy to make! And trust me, if I can do it, anyone can. I am NOT A COOK. :)

Great book! Solid information that's totally doable

Very useful information.

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