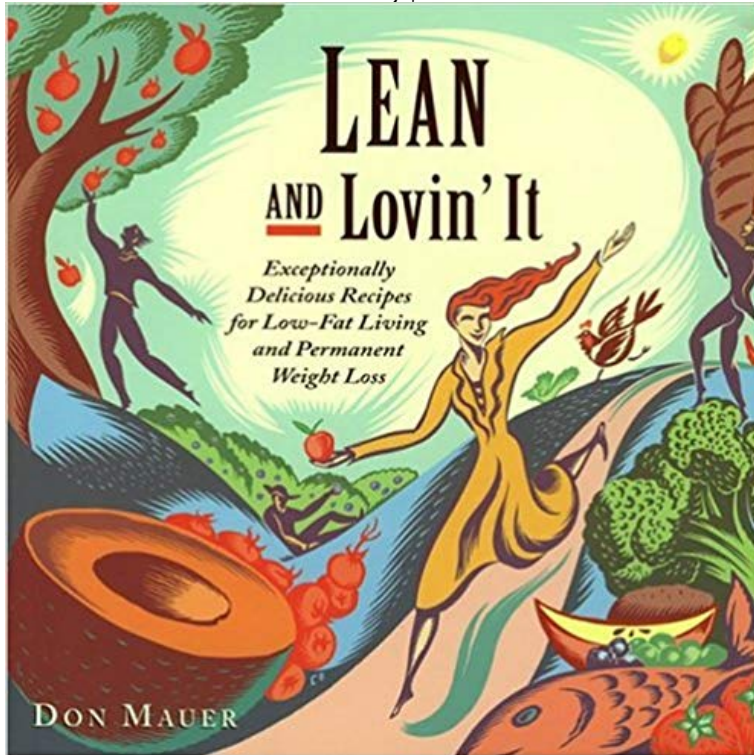


# Lean and Lovin It: Exceptionally Delicious Recipes for Low-Fat Living and Permanent Weight Loss



How did Don Mauer, who had been heavy all of his life, finally manage to lose weight and keep it off? Mauer-whose nickname was Big Guy-dieted for over thirty years. He tried every diet that came along. They all worked, but he would inevitably gain back what he lost, plus ten pounds more. Then Mauer discovered two words: low fat. An avid cook, he decided to revamp his own recipes, blasting away the fat and permanently losing 100 pounds in the bargain. The happy results of his success is Lean and Lovin It: Exceptionally Delicious Recipes for Low-Fat Living and Permanent Weight Loss, which has over 200 low-fat recipes, ranging from Good Morning Griddlecakes to Southern-Style Oven-Fried Chicken. Mauer goes to extraordinary lengths to replace fat with flavor in breakfasts like Buttermilk French Toast with Blueberry Honey (6.2g fat) and Lean Breakfast Sausage (1.8g fat). He transforms lean cuts of meat into rich-tasting dishes like Spicy Chinese Beef Saute (7.5g fat) and Pork Tenderloin

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