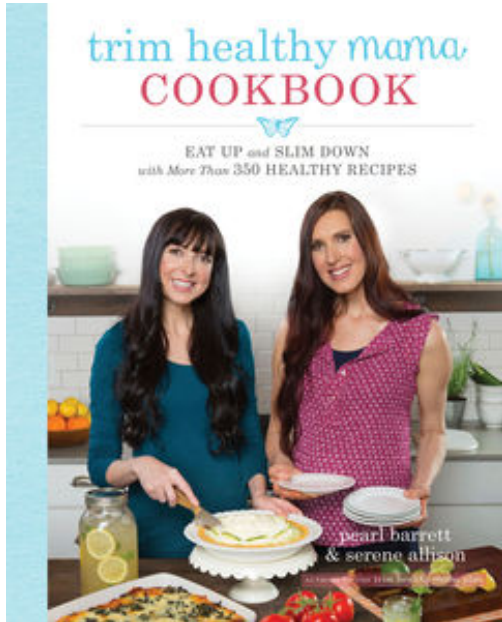


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This companion cookbook to the bestselling *Trim Healthy Mama Plan* is just what readers have been waiting for. It features simple, mouthwatering, recipes for breakfast, lunch and dinner—including slow cooker and one-pot meals, hearty soups and salads, omelets and waffles, pizzas, breads and more. No Trim Healthy Mama should be deprived, so there are also favorite snacks, delectable desserts, and the smoothies, sippers and teas fans love.

With pantry-stocking advice, time-saving tips, and information on how to cook for the entire family, the *Trim Healthy Mama Cookbook* offers a delicious and nutritious way to make trim and healthy meals with less stress—so you have more time with your loved ones.

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