



**ISA CHANDRA MOSKOWITZ**

BEST-SELLING AUTHOR OF VEGANOMICON

Isa Chandra Moskowitz

## Appetite for Reduction: 125 Fast and Filling Low-Fat Vegan Recipes



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Vegan chef Isa Chandra Moskowitz shares her assortment of plant-based and low-calorie meals which are full of flavor and totally satisfying. This is not your mother's low-fat cookbook. The best part? Now you can look better, feel better, and have more energy while eating the food (and portions) you deserve.) In *Appetite for Reduction*, bestselling writer and vegan chef Isa Chandra Moskowitz shares 125 delectable, nutritionally-balanced recipes for the foods you crave--lasagna, tacos, barbecue, curries, stews, and far more--that's all: Only 200 to 400 calories per serving. Plant-based and packed with nutrients. Low in saturated body fat and sugar; no fake anything! *Appetite for Decrease* means cooking with genuine food, for real life. So ditch those diet shakes.. high in fiber. Drop-lifeless delicious. You'll also find plenty of gluten-free and soy-free choices. It does not have any foolish tips, no bizarre concoctions, no chemical substances, no frozen meals. Dinner could be on the table in less than 30 minutes. (Skimpy portions do not need to apply. Skip that lemonade cleanse. And fight for your to eat something satisfying!.



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