



The Biggest Loser Simple Swaps: 100 Easy Changes to Start Living a Healthier Lifestyle

Cheryl Forberg, Melissa Roberson

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The road to a healthier lifestyle starts with small decisions and better choices. Now, with *The Biggest Loser Simple Swaps*, you can get healthy by simply swapping your old food, habit, and lifestyle choices for healthier versions every day. With 100 simple swaps that cut calories, save money, and provide better nutrition as well as more than 30 mouthwatering recipes that put these swaps into action, getting fit and healthy has never been easier. Learn how to:

- Swap lasagna noodles for veggies. Pasta used to be a guilty pleasure for many Biggest Losers-until they learned to make a healthy version. Try replacing lasagna noodles in your favorite recipe with slices of grilled zucchini or eggplant. Better yet, try the Veggie Lasagna recipe in Chapter 4!
- Swap traditional yogurt for Greek-style yogurt. Greek-style fat-free yogurt contains the same number of calories as regular fat-free yogurt but has *twice* the protein and half the carbs. It's a great base for dips, too. Try using it in the French Onion Dip in Chapter 5!
- Swap sugary cereals for whole grains. The slow release of energy from complex carbs will help you feel full and keep your blood sugar steady and your energy revved. Or turn to Chapter 5 to make your own Hi-Pro Vanilla Breakfast Grains!

Throughout the book, you'll also find advice and tips from *The Biggest Loser* experts, trainers, and the contestants themselves, who understand the challenges of fitting lifestyle changes into a busy schedule. These simple, budget-friendly swaps can make a major difference in your health and weight loss efforts. Start swapping-and losing-today!

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