



**Suzanne Somers' Eat, Cheat, and Melt the Fat Away: *Feast on Real Foods--Including Fats
*Achieve Hormonal Balance *Enjoy More Than 100 New Recipes**

Suzanne Somers

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Find out how hundreds of thousands of people all across the country have melted the pounds away without dieting, without deprivation -- the Somersize way!

With her number one *New York Times* bestsellers **Eat Great, Lose Weight** and **Get Skinny on Fabulous Food**, Suzanne Somers spread the word about her revolutionary weight-loss program that's unlike any diet out there. When you Somersize, you can eat your favorite foods until you are full and change your metabolism without skipping meals. Unlike other weight-loss programs, you don't have to eliminate entire food groups or skimp on portions -- instead, you can trim your waistline and boost your energy levels without depriving yourself of healthy, great-tasting foods.

In her new book, **Suzanne Somers' Eat, Cheat, and Melt the Fat Away**, Suzanne shows loyal fans and newcomers alike that losing weight and getting fit are easier now than ever before. You'll be amazed at how the pounds just melt away when you eat hearty, rich foods like cheese, butter, meats, creamy sauces, and tempting desserts. The key is eating food in the right combinations to achieve maximum weight loss, while also lowering your cholesterol and blood pressure. **Eat, Cheat, and Melt the Fat Away** explains Somersizing in detail for those who have come to the plan for the first time. It also offers the latest Somersizing news, including:

- * how hormone imbalances affect weight gain and how to maintain your weight throughout every phase in your life, from puberty through your childbearing years to menopause;
- * how to Somersize with your children;
- * how to incorporate little "cheats" into the plan so you never feel deprived, but still lose weight;
- * information about the remarkable new natural sugar that allows you to eat sweets and still stay slim;
- * answers to the most frequently asked questions and concerns about Somersizing;
- * Somersize success stories that will inspire you to lose weight and get healthy.

And best of all, **Eat, Cheat, and Melt the Fat Away** also includes more than 100 new Somersize recipes that will tantalize your taste buds, including Pan-Fried Petrale Sole with Lemon, Butter, and Caper Sauce; Deep-Fried Turkey with Fried Onions and Herbs; Roasted Sweet Red Pepper Soup with Creme Fraiche and Crispy Sage Leaves; Portobello Mushrooms with Bubbling Pesto; Molten Chocolate Cakes; Raspberry Souffle; and many more.

Portobello Mushrooms with Bubbling Pesto

PRO/FATS AND VEGGIES -- LEVEL ONE

Serves 4

These mushrooms make a great appetizer or a delicious accompaniment for a summer meal alongside a steak. They work especially well if you are using your outdoor grill, but you can also broil them in the oven.

4 large portobello mushrooms
Olive oil for brushing
Salt and freshly ground black pepper
1 recipe Basil Pesto (p. 155)
4 tablespoons freshly grated Parmesan cheese

Trim the stems off the mushrooms. Brush mushrooms with olive oil and season lightly. Cook gill side down over medium coals or in the broiler for 5 minutes.

Turn the mushrooms over and spread a spoonful of pesto over the entire surface. Continue to cook for 10 minutes or until the mushrooms are very tender and the pesto is bubbling. Sprinkle the Parmesan on top of the pesto and return to broiler until cheese is melted and golden.

Dawn's Deviled Eggs

PRO/FATS AND VEGGIES -- LEVEL ONE

Makes 10

My good friend Barry Manilow has a wonderful cook named Dawn. These are her delicious deviled eggs. Her original recipe includes avocado, which makes the filling green. Try it that way for Level Two.

5 hard-boiled eggs, halved lengthwise
1 tablespoon minced scallion, white and light green parts
1 large jalapeno pepper, seeded and minced
Juice from 1 lime
1 tablespoon mayonnaise
1/2 teaspoon kosher salt, or to taste
red chili flakes for garnish

Remove the yolks from the whites. Set the whites aside. Mash the yolks in a bowl with a fork. Add the scallion, jalapeño, lime juice, mayonnaise, and salt. Add more mayonnaise to reach desired consistency. Mash with a fork until blended. Using a teaspoon, carefully stuff whites with yolk mixture, mounding the tops.

For extra heat, garnish with red chili flakes.

For Level Two

Add 1 whole mashed avocado to the egg yolk mixture.



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From reader reviews:

Jessica Kelly:

Why don't make it to be your habit? Right now, try to ready your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the book entitled Suzanne Somers' Eat, Cheat, and Melt the Fat Away: *Feast on Real Foods--Including Fats *Achieve Hormonal Balance *Enjoy More Than 100 New Recipes. Try to make the book Suzanne Somers' Eat, Cheat, and Melt the Fat Away: *Feast on Real Foods--Including Fats *Achieve Hormonal Balance *Enjoy More Than 100 New Recipes as your pal. It means that it can be your friend when you really feel alone and beside associated with course make you smarter than before. Yeah, it is very fortunate in your case. The book makes you much more confidence because you can know everything by the book. So, we need to make new experience in addition to knowledge with this book.

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Chuck Bryson:

Is it anyone who having spare time and then spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This Suzanne Somers' Eat, Cheat, and Melt the Fat Away: *Feast on Real Foods--Including Fats *Achieve Hormonal Balance *Enjoy More Than 100 New Recipes can be the respond to, oh how comes? A book you know. You are consequently out of date,

spending your spare time by reading in this new era is common not a geek activity. So what these books have than the others?

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