

**Co-host of Lifetime's *Cook Yourself Thin* Allison Fishman shows you how to eat great – and look even better!**

# **You Can Trust a Skinny Cook**

## **140 Recipes That Love You Back**

As the co-author of the bestseller *Cook Yourself Thin* and the co-host of the Lifetime show by the same name, Allison Fishman knows a thing or two about healthy cooking. In **YOU CAN TRUST A SKINNY COOK** Fishman teaches home cooks how to stay trim—*without* giving up the good things in life. This book will equip readers with a variety of cooking techniques that allow them to make smart and tasty choices in the kitchen.

Fishman offers up 140 recipes that cover every meal of the day, from soups and salads, to main courses and side dishes—even desserts and snacks! Each recipe includes a complete nutritional profile, so people following Weight Watchers, South Beach, or other programs can easily incorporate these meals into their daily routine. Recipes include handy “Kitchen Tips” that make cooking simple, and “Skinny Kitchen Tips” offer suggestions on how to cut calories without losing flavor.

**Allison Fishman can share some recipes such as:**

- \*Breakfast Bread Pudding with Peaches and Wild Blueberries
- \*Baby Back Ribs with 30 Minute Barbecue Sauce
- \*Satisfying Slaw
- \*Spicy Peanut Noodles with Shrimp
- \*Wild Blueberry Cobbler with Buttermilk Biscuits

**Allison Fishman** is the creator of the Wooden Spoon Cooking School and contributor and TV spokesperson for *Cooking Light* magazine. She is a contributor to the bestselling *Cook Yourself Thin* and was the co-host of Lifetime’s *Cook Yourself Thin* and TLC’s *Home Made Simple*.

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