



# Walk Off Weight Quick & Easy Cookbook: 150 Delicious Recipes to Fill You Up and Slim You Down!

*Heidi McIndoo*

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Fill Up, Slim Down, and Walk Tall...You've Earned It All!

The perfect partner to *Walk Off Weight's* easy-to-follow weight loss plan, this quick and easy cookbook offers 150 healthful, full-flavored dishes designed to keep you primed to melt pounds and continue toning muscle with the WOW exercise plan.

"The more physically fit I get, the more courageous and willing I am to take chances and do things that I haven't done before—all by myself!" -Susan Moyer, who lost 17 1/4 pounds in 8 weeks

A pair of walking shoes is all you need to get started on this plan, and the longer and stronger you walk, the more you will lose! To maximize results and fuel workouts, you need a nutritious diet of certain nutrients and that is easy to follow and quick to prepare. The *Walk Off Weight Quick & Easy Cookbook* by Heidi McIndoo, MS, RD, with the Editors of Prevention magazine has 150 gourmet-on-the-go meals to help you stay satiated, active, and energized.

Eating right is easy with these delicious yet nutritious options:

Jump-start your morning with savory German Apple Pancakes or a zesty Huevos Rancheros Wrap.

Get a taste of the world from the comfort of your own kitchen with Tandoori Turkey Kebabs, Stir-Fried Orange Chicken and Broccoli, or some Hoisin Pork Stir-Fry!

Satisfy your sweet tooth with Peanut Butter Cup Sundaes, or for a fun snack, dip some raw veggies in any number of flavorful spreads, like Pesto Dip or Spicy Peanut Dipping Sauce.

Most important, the *Walk Off Weight Quick & Easy Cookbook* will help you learn how to make better food choices all the time. In addition to the 28-Day *Walk Off Weight* suggested meal plan, readers can draw from 14 days of mix-and-match meals to learn how to design their own balanced, healthful menus. With smart advice on meal planning and nutritional content, you'll find a meal to meet your needs no matter what time of the day you fit in your walks!

"The weight came off easily, and I've been able to maintain it without being super strict about my diet." -Geri Krempa, who lost 11 1/2 pounds in 8 weeks

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