

## Biggest Loser Rezepte

Forget the Fad Diets, Join the Food Freedom Movement! Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

Each season on The Biggest Loser, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul. And that includes learning how to satisfy sweet cravings—and keep deprivation at bay. In The Biggest Loser Dessert Cookbook, bestselling author Chef Devin Alexander shows you how to indulge sensibly with more than 80 guilt-free recipes made from wholesome, all-natural ingredients.

- Rediscover your passion for fruit with desserts like the Naked Apple Tart, Cherry-Vanilla Almond Parfait, and Strawberry Cloud Soufflé s
- Cool down your cravings with frozen treats such as the Waffle Ice Cream Sandwich, Mango-Peach Key Lime Sorbet Popsicles, and Pumpkin Ice Cream
- Share your sweets with a crowd with bake-sale favorites like Fudge Swirl Peanut Butter Cupcakes, Go Blue-Berry Cobbler Mini Loaves, and Pecan Praline Cookie Thins
- Sip your way to satisfaction with the Mango Lassi Milkshake, Peach No-Belly Bellini, and Icy Chai Shake

Losing weight is all about making smarter choices—not giving up the foods you love. Turn your guilty pleasures into healthy indulgences today!

Does it feel as if you're fighting your body to lose even one pound—or just to maintain your current weight? Respected health and wellness expert and bestselling author Jillian Michaels has been there, too. So she consulted top experts in the field of metabolism and discovered that she'd inadvertently been abusing her endocrine system for years. After "fixing" her own metabolism, she decided to share what she learned by devising this simple, 3-phase plan that engages all the weight-loss hormones (including the friendly HGH, testosterone, DHEA; and the not-so-friendly: insulin, cortisol, and excess estrogen). In Master Your Metabolism, discover how to:

- REMOVE "anti-nutrients" from your diet
- RESTORE foods that speak directly to fat-burning genes
- REBALANCE energy and your hormones for effortless weight loss

Michaels offers a wealth of information throughout, including: shopping lists and online shopping resources, hormone-trigger food charts, how to eat "power nutrient" foods on a budget, smart strategies for eating out, quick and easy recipes, as well as mini-programs for addressing PMS, andropause, metabolic syndrome, PCOS, and menopause.

Throughout the numerous seasons of The Biggest Loser, America has watched the contestants lose more than 25,000 pounds. In addition to the hardcore workouts the Biggest Losers put in each day at the Ranch, the most essential component of their weight loss plan is eating healthy foods that are low in calories—but big on flavor. At the Ranch the contestants learn about nutrition, portion control, and meal preparation—and by the time they leave the campus, even those who have never spent much time in the kitchen can cook wholesome, delicious meals for their families back home. In The Biggest Loser 101 Best Recipes, you'll find the very best developed by The Biggest Loser experts and cast over the last seven years. Whether you're craving pizza or a burger, pasta or cupcakes—you'll find healthier, lower-calorie versions of all of your favorite foods right here, along with some new ingredients and flavors you may have never tried before.

You don't have to give up the foods you love to lose weight--you just have to make smarter choices. And now, you have 101 ways to start losing weight and get health--one delicious bite at a time.

**FATLoser - Die Blitzdiät**

**The Starch Solution**

**The Ultimate Collection to Fuel Your Weight Loss: A Cookbook**

**Das Bikini-Bootcamp - Rezeptbuch**

**Globalance**

**The Biggest Loser Dessert Cookbook**

**Lessons from the Heiligendamm Process**

**An Essential Guide With Quick, Delicious And Nutritious Recipes For Weight Loss And Lifelong Health**

The Biggest LoserDie besten Rezepte zum AbnehmenThe Biggest LoserDie besten Rezepte zum AbnehmenRiva Verlag Introduces a personalized fitness program that offers nutritional advice, simple exercise routines, before-and-after testimonials, tips on how to get started, and modifications for both beginners and advanced readers.

As any Biggest Loser knows, weight loss boils down to simple math. Carefully tracking food intake (calories in) and (calories out) is essential for successful weight loss. Now, you can record your calories and track your progress the the Biggest Losers do with The Biggest Loser Food Journal. This interactive, indispensable weight-loss tool shows you

- Set a daily calorie budget
- Choose foods on The Biggest Loser Food Plan
- Record daily meals, snacks, beverages, water intake
- Create an exercise plan and log workouts
- Cook recipes created by The Biggest Loser nutrition team

Biggest Loser Food Journal will help you stay accountable, discover a strategy that helps you meet your goals, and your successes. Start tracking—and losing—today!

Die besten Workouts und Übungsanleitungen von Internet-Star Sophia Thiel jetzt endlich in ihrem ersten großen Fitness-Buch! Bis in ihre Jugend war Sophia Thiel unzufrieden mit ihrer Figur. Dann kam die Wende: Training, bewusste Ernährung, Umdenken. Nach zwei Jahren hatte sie 30 Kilo abgenommen und ihren Traumbody. Inzwischen kann sich Pumping Sophia vor Fans und Likes und Followern kaum retten und ist Vorbild für alle, denen es mit ihrem Übergewicht und ihrer fehlenden Fitness ebenso geht. Sophia gibt ihr gebündeltes Wissen über effektives Training endlich weiter: Übungen für den gesamten Körper mit detaillierten Beschreibungen, Bildern und Trainingsplänen. Man erfährt, wie man das Bodyweight-Training am besten nutzt, wie man welche Körperpartie stärkt und wie man die einzelnen Übungen individuell variieren kann – je nachdem, auf welchem Level man einsteigt und welches Ziel man sich setzt. Alle Übungen werden anschaulich und Schritt für Schritt erklärt. Dieser Ratgeber ist ein echter Motivationskick. Er verspricht eine schönen Rücken, einen flachen Bauch, eine schlanke Taille, eine tolle Silhouette, straffe Oberschenkel, kurz: eine wohldefinierte Bikini-Figur. Und auch das: mehr Power, mehr Wohlbefinden und ein größeres Selbstbewusstsein. Die Erfolgsgeschichten auf Sophias Website bestätigen ihre Methode. Tausende haben mit ihrem Online-Training bereits erfolgreich abgenommen. "DU schaffst das auch", ist Sophia überzeugt, und begeistert mit ihrem neuen Fitness-Buch Fans und alle, die sie noch entdecken wollen.

Aktuelles Wissen über ketogene Ernährung, Ketone und Ketose – Wirkweisen, Anwendungen und Chancen

**The Ultimate Biggest Loser Diet Cookbook**

**The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body!**

**The Biggest Loser**

**Erfolgreich trainieren ohne Geräte**

**Das Bikini-Bootcamp**

from the UK's number 1 food blog a real mum's 100 easy everyday recipes for the whole family

**The 8-Week Get-Real, Get-Results Weight Loss Program**

*The early twenty-first century has seen the beginning of a considerable shift in the global balance of power. Major international governance challenges can no longer be addressed without the ongoing co-operation of the large countries of the global South. Brazil, Russia, India, China, South Africa, ASEAN states, and Mexico wield great influence in the macro-economic foundations upon which rest the global political economy and institutional architecture. It remains to be seen how the size of the emerging powers translates into the ability to shape the international system to their own will. In this book, leading international relations experts examine the positions and roles of key emerging countries in the potential transformation of the G8 and the prospects for their deeper engagement in international governance. The essays consider a number of overlapping perspectives on the G8 Heiligendamm Process, a co-operation agreement that originated from the 2007 summit, and offer an in-depth look at the challenges and promises presented by the rise of the emerging powers. Co-published with the Centre for International Governance Innovation*

*Originally published: London: Yellow Kite, an imprint of Hodder & Stoughton, an Hachette UK Company, 2016.*

*A bestselling author's groundbreaking eating plan that challenges the notion that starch is unhealthy From Atkins to Dukan, the fear-mongering about carbs over the past few decades has reached a fever pitch; the mere mention of a starch-heavy food is enough to trigger a cavalcade of shame and longing. In The Starch Solution, bestselling diet doctor and board-certified internist John A. McDougall, MD, and his kitchen-savvy wife, Mary, turn the notion that starch*

is bad for you on its head. *The Starch Solution* is based on a simple swap: fueling your body primarily with carbohydrates rather than proteins and fats. This will help you lose weight and prevent a variety of ills. Fad diets come and go, but Dr. McDougall has been a proponent of the plant-based diet for decades, and his medical credibility is unassailable. He is one of the mainstay experts cited in the bestselling and now seminal *China Study*—called the "Grand Prix of epidemiology" by the *New York Times*. But what *The China Study* lacks is a plan. Dr. McDougall grounds *The Starch Solution* in rigorous scientific fact and research, giving readers easy tools to implement these changes into their lifestyle with a 7-Day Quick Start Plan and 100 delicious recipes. This book includes testimonials from among the hundreds Dr. McDougall has received, including people who have lost more than 125 pounds in mere months as well as patients who have conquered lifethreatening illnesses such as diabetes and cardiac ailments.

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!

*The Simple 3-Week Plan for Supercharged Weight Loss*

*Fast, Safe, and Effective Workouts to Target and Tone Your Trouble Spots--Adapted from NBC's Hit Show!*

*Das Bikini-Bootcamp - Rezeptbuch mit und ohne Thermomix®*

*Mein Body & Soul Programm für dein ganzheitliches Wohlbefinden*

*Lose the Wheat, Lose the Weight, and Find Your Path Back to Health*

*Simply Delicious Low-calorie Recipes to Make in a Snap*

*Die besten Rezepte zum Abnehmen*

*The Biggest Loser Simple Swaps*

"Trim Healthy Mama is more than a nutrition book, although you'll be armed with knowledge that will revolutionize your life. It is more than a recipe book, although you will find hundreds of quick and tasty recipes to satisfy your family and trim your waistline at the same time. Serene and Pearl coach you all the way through to freedom from food restriction and excess pounds. They go far beyond food and talk exercise, how to balance your hormones, and how to keep the fire alive in your marriage relationship." --from book description, Amazon.com.

Im beliebten TV-Abnehmformat "The Biggest Loser" konkurrieren übergewichtige Kandidaten um den größten Gewichtsverlust. Sie wollen es den Kandidaten gleichtun? Dieses Buch bietet Ihnen einen ausführlichen Ernährungsplan mit 60 Rezepten für Frühstück, Mittagessen, Abendessen und Snacks, die Ihnen beim Abnehmen helfen, aber trotzdem satt machen. Morgens gibt es beispielsweise Hüttenkäse-Pfannkuchlein, mittags Hühnchen-Involntini mit Brokkoli und abends Räuchertofu im Sesammantel. Außerdem erhalten Sie spannende Informationen zur gesunden Ernährung, viele Motivationstipps und Hilfestellung beim Einstieg in regelmäßige Bewegung und Sport, damit Sie erfolgreich Gewicht verlieren.

A down-to-earth approach to the history, nutrition and preparation of 12 Supergrains by Australian author and wholistic healthfood expert Chrissy Freer.

100 recipes of modern German favorites from Michelin-starred chef Frank Rosin. In *Modern German Cookbook*, the only German television chef with two Michelin stars, Frank Rosin, shares his secrets and puts a modern twist on 100 classic German recipes. Rosin's eye for detail, finesse and refined simplicity in the kitchen make the dishes effortless for even the most novice of cooks. From soups and starters, all the way through to desserts, Rosin covers all the German favorites: asparagus soup, schnitzel, baked apple, and even the Rosin family's own sauerbraten recipe! But that's not the only secret he shares. Throughout *Modern German Cookbook*, he reveals valuable culinary knowledge and techniques, including how a sour flavor can improve the taste of a dish, how a reduction can be utilized for seasoning, and more. With *Modern German Cookbook*, you can host a German feast of your own and learn professional techniques that will soon have you on your way to becoming the next Frank Rosin!

*Ethics Handbook for a Balanced World Post-Covid*

*The Wisdom, Motivation, and Inspiration to Lose Weight--and Keep It Off!*

*Schön. Fit. Sein.*

*Der Keto-Kompass*

*More than 80 Healthy Treats That Satisfy Your Sweet Tooth without Breaking Your Calorie Budget*

*The Biggest Loser Bootcamp*

*Master Your Metabolism*

*Skinny Meals*

*Die ketogene Ernährung, die sich durch viel Fett und sehr wenig Kohlenhydrate auszeichnet, liegt im Trend, weil sie nicht nur beim Abnehmen hilft, sondern auch vielen Erkrankungen wie Alzheimer, Krebs oder Diabetes entgegenwirkt. In diesem Buch erklärt das Autorenteam aus vier Keto-Expertinnen fundiert, warum Keto gesundheitsförderlich ist und*

welche Lebensmittel die Ketonbildung fördern. Wissenschaftler und Ärzte aus aller Welt berichten, wie und wann sie die Ketose therapeutisch einsetzen. 30 leicht nachzukochende Rezepte aus der modernen Keto-Küche zeigen, wie gut ketogene Gerichte schmecken können. Der Keto-Kompass ist das Grundlagenwerk für alle, die die Keto-Ernährung selbst ausprobieren oder Ketone in der Therapie anwenden möchten.

*COOKING COMPANION TO MASTER YOUR METABOLISM* Master Your Metabolism, the phenomenal diet bestseller by Jillian Michaels, has been helping millions of people become hotter and healthier without their having to obsess over food or exercise. The key is ditching fad diets and chemical-filled Franken-foods in order to optimize your metabolic function and maximize your overall health. Through the Master Your Metabolism plan, Jillian has taught readers how to balance their hormones naturally so their bodies become energetic, thriving, fat-burning machines. Now Jillian makes it even easier for you by bringing the Master program right into your kitchen. With more than 125 recipes specifically designed for the Master Diet and including health tips tailored to enhance your nutrition and weight loss, *The Master Your Metabolism Cookbook* will help make living a long, healthy life easier—and tastier. Jillian understands that your life is busy and your time is precious. She believes that being healthy shouldn't financially strap you. That's why she designed these recipes with a professional recipe developer to provide you with healthy bites for when you're in a hurry. *The Master Your Metabolism Cookbook* delivers simple, great-tasting meals with minimal ingredients that can be made in thirty minutes or less! Mastering healthy eating and living has never been easier.

Like many other weight loss diets, the Biggest Loser diet is a low calorie eating program. It also stresses regular exercise. Each day, you'll eat about four servings of fruits and vegetables, three of protein foods, two of whole grains and no more than 200 calories of "extras" like desserts. That should make for a menu where 45% of your day's calories come from carbs, 30% from protein and 25% from fats. The Biggest Loser makers claim that following the plan not only can help you lose weight, it can also help prevent or reverse diabetes; cut the risk for cancer, dementia and Alzheimer's; improve your heart health and boost your immune system. Its meal plans provide 1,200-1,500 calories per day and include 3 meals, plus 2-3 snacks from whole foods. The diet's claims that eating frequently helps keep you full, balances your hormone levels, and provides energy for regular exercise. You're meant to plan and cook most meals on your own, carefully counting calories and weighing and measuring foods. You're further encouraged to keep a daily food log or journal. This book provides a comprehensive review of the biggest loser diet, its benefit, food to eat and avoid, meal plan and recipes for biggest loser diet.

Der Nachfolger zur erfolgreichen Skinny-Diät Abnehmen auf die schnelle Art – Bob Harper, der bekannte Trainer der US-Abnehmshow „The Biggest Loser“, macht es möglich! Denn sein 3-Wochen-Plan ist simpel und effektiv: folgen Sie den 13 Skinny-Regeln und dem leicht umzusetzenden Workout-Programm und essen Sie sich satt an seinen leckeren Skinny-Rezepten. Nach nur drei Wochen purzeln die Pfunde und der Traumfigur steht nichts mehr im Weg!

Das Intensivprogramm zum Abnehmen – mindestens eine Kleidergröße weniger in 21 Tagen - enhanced Version mit Videos

Discover Secrets to a Slimmer, Sexier, and Healthier You

The Biggest Loser Quick & Easy Cookbook

The Easy-Does-It Approach to Vibrant Health and a Slim Waistline

The Simple, Nonnegotiable Principles for Getting to Thin

Jumpstart to Skinny

Modern German Cookbook

The Biggest Loser Fitness Program

**Lose weight--and keep it off--in a New York minute! When supermodel Heidi Klum needed to get into tip-top shape for the Victorias Secret fashion show--just eight weeks after giving birth to her second child--she turned to a miracle worker, celebrity fitness trainer David Kirsch, and his Ultimate New York Diet. But you dont have to be a celebrity--or a New Yorker--to reap the benefits of this fresh approach to a healthy, fit lifestyle. All you need is the desire to take control of your eating and your body and the willingness to change your life for the better. Once you take that first step to a new, improved you, theres no limit to how fabulous you can look and feel! The Ultimate New York Diet provides the tools to slim down safely in record time: A diet thats broken into three phases over the course of eight weeks, so you can see results fast and be inspired to stay on track Advice on how to make healthy choices at all types of restaurants, allowing you to eat out every night 64 quick, easy-to-prepare recipes for healthy, satisfying meals Ten-minute workouts you can do anywhere--from your cubicle to a taxi cab--that will leave you feeling exhilarated and more focused David Kirsch, author of the wildly popular The Ultimate New York Body Plan, has written this book for the needs of people with busy, multitasking lives--people who want to be on top of their game when it comes to their careers and their bodies. This is not just a diet; its a life transformation. After completing The Ultimate New York Diet, your attitude toward food, exercise, and wellness will be forever changed and youll finally have the key to a fit and fabulous body.**

**#1 NEW YORK TIMES BESTSELLER • LOSE UP TO 20 POUNDS IN 21 DAYS! In The Skinny Rules, celebrity trainer and coach of NBC's The Biggest Loser Bob Harper delivers the ultimate strategy for healthy, long-term weight loss and "thin maintenance." But what if you have a big event looming—a reunion, wedding, beach vacation, or other special occasion—and need a fast-acting plan to meet your short-term goals? Jumpstart to Skinny features thirteen short-term Rules (no one gets thin on mere suggestions) that will supercharge your weight loss. Taking any confusion or decision making out of the equation, Harper also provides a day-by-day plan for success, including his body-toning "Jumpstart Moves" and deliciously slimming recipes specially designed for your get-skinny needs. Jumpstart to Skinny lets you in on the secrets Bob shares with his red-carpet celebrity clients. This is not a marathon diet; it's a quick sprint to the finish line. And the victory lap comes when you slip into that sexy dress or swimsuit and feel fantastic. Get started today! THE FOUR-PART JUMPSTART PLAN TO A SKINNIER YOU • Your Jumpstart Rules: Thirteen must-follow principles to get you ready for your own**

**“big reveal,” including Rule #1, a precise breakdown of the proper protein/carbohydrate/fat proportions for every meal, and Rule #3, which explains why you need to just say no to complex carbs after breakfast during this three-week plan. These are the Rules that Bob Harper and his celebrity clients use to get ready for their big events—and now you’re in on the secrets, too. • Your Jumpstart Day-by-Day: No decisions, no confusion! Here is the simple, three-week game plan: the food to buy and prepare ahead each week, when and how much to eat each day, and the when and how of your exercise schedule. • Your Jumpstart Moves: Bob’s unique, twenty-minute, at-home exercise routines. From sit-ups, push-ups, and squats to jumping rope, lateral jumps, and simple chair dips, choose one of the seven “packages” of body-toning moves when your day calls for Bob’s “metabolic conditioning.” • Jumpstart Recipes: Cleansing or juice fasting? No way! You need to eat to lose weight, so here are twenty-one days of slimmingly delicious recipes—including “Peanut Butter and Jelly” Oatmeal, Sweet Potato Hash, Spaghetti Squash Bolognese, Buffalo Chicken Salad, and Bob’s signature Shrimp Skimpy—formulated with your Jumpstart protein/carb/fat proportions (see Rule #1!) and calorie maximums in mind.**

**Millions of viewers have watched the contestants on The Biggest Loser, NBC's hit show, radically transform their bodies and their lives. In turn, many of those inspired fans have shed countless pounds on their own by following The Biggest Loser weight-loss program. But as anyone who has tried to get in shape knows, the hardest part of any regimen isn't the battle of the bulge--it's the battle of the mind! Now, the contestants share their diet and exercise success secrets and confess what helped them overcome their biggest challenges. Through their astonishingly candid revelations, you'll learn how to: -Find the time and energy to work out -Overcome powerful cravings for your favorite foods -Avoid slipping back into unhealthy-but comfortable-habits -Power through weight-loss plateaus -Overcome the temptation to quit and regain focus -Maintain weight after reaching your goal Staying healthy is a daily battle-and The Biggest Loser contestants have learned what it takes to win! Discover how their tried-and-true diet and exercise tips, insider wisdom, and personal stories can help you achieve your goals and live the life you've always wanted.**

**Sie möchten gerne Ihre Kleidung eine Nummer kleiner tragen und sind bereit, sich drei Wochen lang ganz diesem Ziel zu verschreiben? Dann ist das Bikini-Bootcamp genau das Richtige für Sie. Nur 21 Tage trennen Sie von Ihrer Wunschgröße und auch wenn Sie sich in dieser Zeit an ein striktes Trainings- und Ernährungsprogramm halten müssen, sind Spaß und Genuss nicht passé! Silke Kayadelen, die als Abnehmcoach an fünf Staffeln des TV-Erfolgsformats The Biggest Loser teilnahm, und der Mediziner Heiner Romberg beweisen mit diesem Buch, dass man mit der richtigen Anleitung ganz leicht und schnell in Form kommen kann. Wer sich an die Vorgaben des Bikini-Bootcamps hält, wird maximalen Gewichtsverlust und eine deutlich verbesserte Körperzusammensetzung erzielen. Die leckeren Mahlzeiten werden genau vorgegeben und es wird jeden Tag trainiert, wobei stets eine Auswahl an Übungen aus dem abgebildeten Kraftworkout und einige der integrierten 10-Minuten-Workouts zum Zug kommen. Einmal pro Woche gibt es eine sportliche Challenge und einen Wiegetag - beides hilft Ihnen, Ihren Fortschritt zu überprüfen. Geben Sie drei Wochen lang Vollgas und Sie werden dafür mit tollen Resultaten belohnt! Mehr Informationen zum Bikini-Bootcamp: [das-bikini-bootcamp.de](http://das-bikini-bootcamp.de)**

**Trim Healthy Mama Plan**

**100 Easy Changes to Start Living a Healthier Lifestyle**

**The Skinny Rules**

**The Ultimate New York Diet**

**Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!**

**101 Juice Recipes**

**Quick and Easy Recipes for Gluten-Free Snacks, Packed Lunches, and Simple Meals**

**The Biggest Loser Family Cookbook**

**Lebensfreude, Motivation, Power und Ehrgeiz - das sind die Schlagworte, mit denen sich Mareike Spaleck selbst beschreibt. Krafttraining ist ihre große Leidenschaft, die sie in ihren eigenen Fitness-Studios auch an andere weitergeben möchte. Bekannt ist sie einem breiten Publikum durch die TV-Sendung "The Biggest Loser", wo sie als Fitness-Coach die Pfunde der Teilnehmer purzeln lässt. In ihrem ersten Ratgeber stellt sie ihr ganzheitliches Body-&-Soul-Programm vor, mit dem jeder in kurzer Zeit seinen Wohlfühlkörper erlangen kann. Mareike stellt ihre effektivsten Übungen und Workouts für Bauch, Beine, Po und Rumpf vor. Die einzelnen Übungen werden auch zu längeren Übungsfolgen zusammengestellt, damit sich jeder sein individuelles Training herausuchen kann. Eine gesunde Ernährung ist die Basis für einen gesunden Körper. Der Rezeptteil umfasst leckere und gesunde Rezepte für Frühstück, Mittagessen, Abendessen und Snacks. Dabei wird auf vollwertige und frische Zutaten Wert gelegt, auf verarbeitete Lebensmittel oder Zucker verzichtet. Aber noch wichtiger ist bei allem die richtige mentale Einstellung, um auch wirklich am Ball zu bleiben und die Balance zwischen Körper, Geist und Seele herzustellen. In den Kapiteln zu Lebensweise und Motivation sollen Selbstbewusstsein, positives Denken und Durchhaltevermögen gestärkt werden. Denn fit zu sein, ist kein kurzfristiges Ziel, sondern eine Lebenshaltung, davon ist Mareike überzeugt. Dieser sympathische Ratgeber gibt den nötigen Push zum langfristigen Umdenken, um sich rundum fit, schön und wohl zu fühlen.**

**As grocery costs continue to rise, many family cooks are finding themselves in a tough predicament: How can they feed their families healthy, satisfying meals without breaking the bank? In The Biggest Loser Family Cookbook, New York Times bestselling author Devin Alexander shows families that eating on a budget can be easy, nutritious-and delicious! With more than 125 recipes that will satisfy every member of the family, Chef Alexander provides complete, affordable options for breakfast, lunch, and dinner, along with mix-and-match side dishes, healthy snacks, and desserts. From Broccoli & Cheddar Frittatas to Steak Fajita Quesadillas, Family Sized Meatball Parmesan to Peanut Butter Fudge Sundaes, these wholesome, satisfying dishes will become an essential part of every family cook's repertoire. In addition to an overview of the Biggest Loser eating plan and Chef Alexander's recipes, readers will find helpful cooking and cost-saving tips from favorite Biggest Loser contestants and online club members. They will also find simple ways to get kids involved in the kitchen and fun ideas for family mealtimes. Designed to make healthy eating accessible for everyone, The Biggest Loser Family Cookbook will help pad wallets--not waistlines.**

**Every week, millions of viewers tune in to NBC's hit show *The Biggest Loser* to watch as contestants lose weight, build confidence and change their lives. Now that same comprehensive training and advice can be yours at home! Developed by the trainers and experts from the show, and based on the popular online program of the same name, *The Biggest Loser Bootcamp: The 8-Week Get-Real, Get-Results Weight-Loss Program* is designed to help you lose weight and maintain a healthy lifestyle. Thousands of people have already used the online *Biggest Loser Bootcamp* plan to shed pounds and reshape their bodies. Now, for the first time, everything from the online program is captured offline in this easy-to-follow 8-week plan packed with diet, fitness and motivational strategies that work, including: **Workouts:** Fully illustrated workouts designed by star trainer Dolvett Quince use "body confusion" to keep your body and muscles working while maximizing fat loss. **Nutrition:** A whole-foods eating plan based on lean proteins, fruits and vegetables, whole grains and the "right" carbohydrates, with an emphasis on fueling your body. **Mental Training:** Guidance on how to retrain your mind to break down unhealthy patterns, take action and create a truly healthy, balanced lifestyle. **No Guesswork:** Clear instruction that takes the guesswork out of losing weight, so you can focus on the work and on achieving real results. The book also includes quick meal and snack ideas, detailed daily plans, advice from former contestants and much more. For over a decade, *The Biggest Loser* has helped participants start exercising, push through their mental roadblocks, and go on to lose weight successfully. More importantly, these contestants find the strength within themselves to improve their health and make things happen in their lives that they never believed possible. Now *The Biggest Loser Bootcamp* can help you do the same. **Mit dem Bikini-Bootcamp (BBC) haben die aus der TV-Abnehmshow *The Biggest Loser* bekannte Ernährungs- und Fitnesstrainerin Silke Kayadelen und der Mediziner Dr. Heiner Romberg ein enorm erfolgreiches Abnehmprogramm mit einer riesigen Community ins Leben gerufen. Die Bücher und DVDs zum BBC sind allesamt Bestseller und mit dem beliebten Onlineprogramm ist das Bikini-Bootcamp noch weiter bekannt und überall abruf- und durchführbar geworden. Das 21-Tage-Intensivprogramm wird von Zigtausenden Teilnehmern genutzt, die sich in der dazugehörigen Facebook-Gruppe aktiv austauschen und gegenseitig unterstützen - und dabei abnehmen. Dieses begleitende Buch enthält über 3 x 21 völlig neue Rezepte zum Bikini-Bootcamp (BBC), alle farbig bebildert. Weil zahlreiche Programmteilnehmer mit wenig Zeit auskommen müssen und einen Thermomix® als Kochhilfe nutzen, sind alle Rezepte speziell für die Zubereitung im Thermomix® entwickelt worden. Eine bei jedem Rezept angegebene Variante für die konventionelle Zubereitung stellt sicher, dass auch Teilnehmer ohne Thermomix® die neuen Gerichte nachkochen können. So steht dem Ziel, in nur 3 Wochen eine Kleidergröße weniger zu tragen, nichts mehr im Weg. Alle Rezepte wurden mit dem Thermomix® TM5 entwickelt und getestet. Unabhängig recherchiert, nicht vom Hersteller beeinflusst. Mehr Informationen zum Bikini-Bootcamp: [das-bikini-bootcamp.de](http://das-bikini-bootcamp.de)****

***Eat your way to great health***

***Emerging Powers in Global Governance***

***Eat to Lose, Eat to Win***

***Your Grab-n-Go Action Plan for a Slimmer, Healthier You***

***Budget-Friendly Meals Your Whole Family Will Love***

***Deliciously Ella Every Day***

***Fit & Stark mit Sophia***

***Trim Healthy Mam***

For every Skinny Bitch, there's a kick-ass man just as eager to take control of his weight and health. The New York Times bestselling authors now share their tips for turning Dad bods into Skinny Bastards. What's good for the bitch is good for the bastard. Hundreds of thousands of women have been inspired to "use their head" and get real about the food they eat after reading the best-selling manifesto *Skinny Bitch*. But it turns out some men have been reading over their girlfriends' shoulders. Professional athletes such as Milwaukee Brewers' Prince Fielder and the Dallas Mavericks' Jerry Stackhouse have adopted a whole new eating plan because of the book. Now authors Rory Freedman and Kim Barnouin think it's time for the guys to have a book of their own. In *Skinny Bastard*, they'll explain why the macho "meat and potatoes" diet is total crap, why having a gut is un-cool (and a turn-off), and how to get buff on the right foods. Eating well shouldn't be a "girlie" thing-and the Bitches will whip any man into shape with their straight-talk, sound guidance, and locker room language.

**#1 NEW YORK TIMES BESTSELLER** From Bob Harper, the bestselling author of *The Skinny Rules* and *Jumpstart to Skinny* and the star of NBC 's ongoing smash reality show *The Biggest Loser*, comes 100 delicious new recipes (all of them under 330 calories!), a month of new menu plans, and indispensable shopping lists and cooking tips that all follow Bob 's practical strategies for getting thin! **THE TASTIEST MEALS FOR HELPING YOU LOSE WEIGHT—FAST!** In *The Skinny Rules*, super-motivator Bob Harper introduced the twenty nonnegotiable eating and lifestyle principles that pave the way to quick and permanent weight loss. Since then, thousands of fans asked for more guidance and inspiration! *Skinny Meals* answers the call, delivering 100 new *Skinny Rules* – abiding recipes (all of them under 350 calories!) and a month 's worth of new menu plans that will satisfy you at every meal. From an Apple Pie Shake for breakfast to Zucchini Noodles with Avocado Cream Sauce for dinner, Bob has done all the tricky calorie, protein, carb, sodium, and fiber counting so you can meet his Rules goals without even thinking about them! With easy, prepare-ahead strategies, handy shopping lists, and cooking tips, *Skinny Meals* is your ultimate guide to slimming down and staying fit. Just shop, chop, and enjoy! Praise for *Skinny Meals* “ *Skinny Meals* rocked my world. . . . It 's not just a how-to book. It includes so many yummy food ideas that . . . it 's easy to get through the day without feeling like you 're denying yourself. . . . I may have found the diet book that changes my life. ” —Books for Better Living

In *Eat to Lose, Eat to Win*, celebrity nutritionist Rachel Beller (of *Biggest Loser* fame) takes a basic tenet of weight loss—eat the “ right ” foods—and makes it easy to achieve. No more writing lists or memorizing “ approved ” foods—an extensive, take-it-with-you, full-color look-and-shop guide shows actual products, making purchasing healthy foods and sticking to a nutritious eating plan straightforward and undemanding. *Eat to Lose, Eat to Win* is sensible and real-world ready with practical tips on how to best incorporate the latest nutritional recommendations—such as fiber, Omega-3, protein, and antioxidants—into a healthy diet. Filled with recipes for simple-to-prepare meals and snacks, as well as common-sense suggestions, this is a must-have tool for anyone looking

for motivation to change to a healthier lifestyle.

**THE LAST DIET BOOK YOU ' LL EVER NEED** With so much conflicting weight-loss advice out there to confuse your efforts, it ' s no wonder you haven ' t been successful losing weight and keeping it off. But with Bob Harper, superstar trainer and co-host of NBC ' s hit show *The Biggest Loser* as your personal authority and coach, you can and will finally shed the pounds—whether you want to lose two or two hundred! Distilling Bob ' s vast knowledge of nutrition, weight-loss strategy, and human nature down to twenty simple, nonnegotiable principles, *The Skinny Rules* will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob ' s methods couldn ' t be more straightforward. Taking the guesswork out of implementing the *Skinny Rules*, Bob offers a month ' s worth of menu plans and more than 90 delicious, rule-abiding recipes for breakfast, lunch, dinner, and snacks to keep you cooking and eating skinny for life. You ' ll be happily astounded to see the variety and volume of the tasty food on your plate! He also includes terrific tips for what to stock in your fridge and what to prepare every weekend in order to set yourself up for success during your too-busy-to-cook weekdays. A virtual GPS to your weight-loss goals, *The Skinny Rules* takes the mystery out of the process, offering the fastest route to your skinny destination. **LOSING WEIGHT IS NOW AS SIMPLE AS 1-2-3 . . . AND 3-15-18-20 TOO!** Rule #3: Eat protein at every meal, making some kind of fish your go-to protein as often as you can. Take your weight and divide it by two—that ' s more or less how much protein you should be eating in grams every day. Rule #15: Eat at least ten meals a week at home (and cook them yourself). Restaurant portions are usually 40 to 50 percent bigger than what you ' d serve at home—the more you eat out, the more you overeat. Set yourself up for success by preparing my turkey meatballs, hummus, and roasted vegetables on the weekend so that you will have go-to staples and no excuses! Rule #18: Go to bed slightly hungry. Denied fuel for more than five hours, your body will start burning its own fat and sugar. Make a point not to eat after dinner and you ' ll be burning fat while you ' re sleeping. Rule #20: Enjoy a splurge meal once a week. Unlike episodic bingeing, splurge meals are an ingredient in your diet. When you plan something, you are in control.

Twelve Years a Slave

Everything You Need to Lose Weight-Fast!: A Cookbook

Lose Weight Without Dieting Or Working Out

Skinny Bastard

The Biggest Loser Success Secrets

Supergrains

Über 100 neue Rezepte – Erfolgsgeschichten – h ä ufige Fragen und Antworten

The Biggest Loser Food Journal

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt  
The author offers her DEM system for weight loss that involves detoxifying the body, eating clean and balanced foods, and incorporating movement into everyday life.

The first cookbook in the bestselling *Biggest Loser* series to focus on fast, simple meals that you can eat on the go, *The Biggest Loser Quick & Easy Cookbook* features more than 75 easy recipes with 20 minutes of prep time or less, accompanied by beautiful 4-color photography. The book also provides an overview of *The Biggest Loser* eating plan; include five 20 minute workouts with tips on how to burn the most calories in the least amount of time, offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics; and as always, will feature tips from the trainers and contestants on time-saving techniques for fitting healthy meals into busy schedules. The 75 quick and easy recipes include such categories as breakfast on the double, speedy soups and sandwiches, throw-together salads and sides, mains in minutes, lickety-split sweet bites, and more. Sample recipes include: • Asparagus & Chicken Apple Sausage Scramble • Sausage Feta Pepper Breakfast Bake • Blanca Arugula Pizza • Monkey Trail Mix • Caprese Burger • Cold Dumpling Salad • Garlic & Herb Mac & Cheese • Spicy Cayenne Corn on the Cob • Coffee Crusted Chopped Steak • Philly Cheese Steak Pizza • Crispy Pesto Cod • Meyer Lemon Seared Scallops • Chocolate Raspberry Dreamers • Honey Nut Apple Butter Rice Cakes

Mit ihrem Buch *Das Bikini-Bootcamp* haben die aus der TV-Abnehmshow *The Biggest Loser* bekannte Ernährungs- und Fitnesstrainerin Silke Kayadelen und der Allgemeinarzt Dr. Heiner Romberg einen Bestseller gelandet. Tausende Teilnehmerinnen haben in dem halben Jahr seit Erscheinen des Buches mit dem 21-Tage-Intensivprogramm erfolgreich abgenommen. Über 10.000 von ihnen tauschen sich aktiv in der dazugehörigen Facebook-Community aus, posten ihre Vorher-nachher-Bilder und dokumentieren damit die Wirksamkeit des Programms. Dieses begleitende Buch enthält über 100 völlig neue Rezepte zum *Bikini-Bootcamp* (BBC), alle farbig bebildert, darunter Himbeeren-Oatmeal, gefüllte Auberginen mit Hackfleisch, fixe Zucchini spaghetti aglio e olio und Spinatsalat mit Pfirsichen und Schafskäse. Außerdem beantwortet es die wichtigsten Fragen der Teilnehmer und bietet viele beeindruckende Erfolgsgeschichten von BBClern, die mit dem Programm abgenommen haben und wieder in Form gekommen sind. Mehr Informationen zum *Bikini-Bootcamp* auf der Webseite.

*The Biggest Loser* 101 Best Recipes

Wheat Belly

My Fussy Eater

63 Rezepte in 2 Varianten

*The Master Your Metabolism Cookbook*

Fit und schlank in nur 3 Wochen - Vom New York Times Bestsellerautor

The latest recipe book from Joe Cross, star of the inspiring weight loss documentary *Fat, Sick & Nearly Dead*, contains 101 delicious juice recipes (with 101 pictures!) to optimize your health, help you slim down, and satisfy your taste buds. The recipes include everything from Joe's signature Mean Green Juice to exciting new juices like the Green Honey, Mexi Cali and the Peach

Chai. Whether you're new to juicing, looking to complete a Reboot or just want to add variety to your daily juicing routine, this book is for you. The recipes are organized by color to ensure you enjoy a range of flavors and more importantly, receive a wide spectrum of nutrients. Have a health condition? Follow the key that indicates what juices are best for fighting specific conditions like diabetes, high cholesterol, osteoporosis, etc. You'll also find guidelines for cleaning and storing your fruits and veggies and a substitution chart if you want to swap fruit and veggies you don't like or are hard to find in your area. Try a new juice every day! Includes a sneak peek of *Undoctored*—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In *Wheat Belly*, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, *Wheat Belly* is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

NEVER COOK SEPARATE MEALS AGAIN! 100 yummy recipes from the UK's number 1 food blog. Most parents have to deal with the fateful 'Fussy Eater' at some point in their lives - let My Fussy Eater show you the easy way to get your children eating a variety of healthy, delicious foods. Packed full of family-friendly recipes, entire meal plans and the all-important tips on dealing with fussy eaters, you'll be guided every step of the way. You'll no longer need to cook separate meals for you and your children - saving time, money and stress. The never-seen-before recipes will take 30 minutes or less to prepare and cook, using simple, everyday ingredients. Make in bulk for easy meal times, and get your fussy eaters finally eating fruit and vegetables! My Fussy Eater provides practical, easy and delicious solutions for fussy eaters the whole family can enjoy!