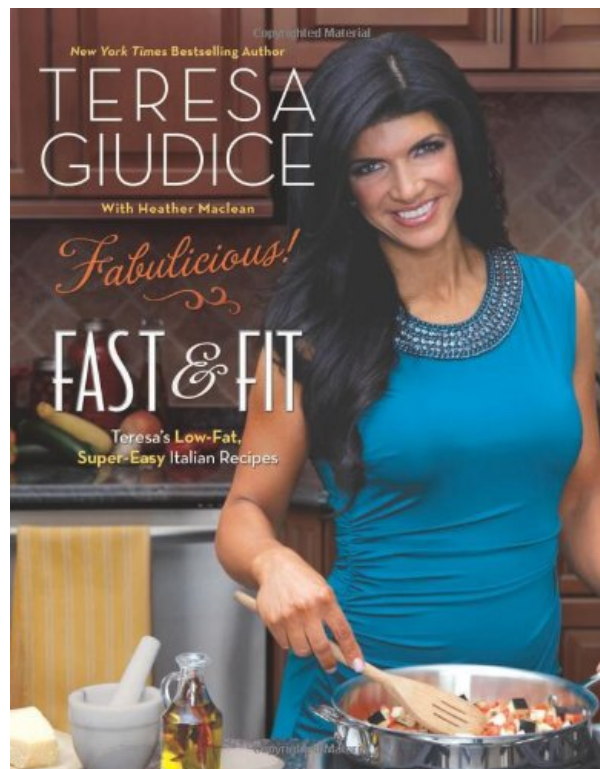
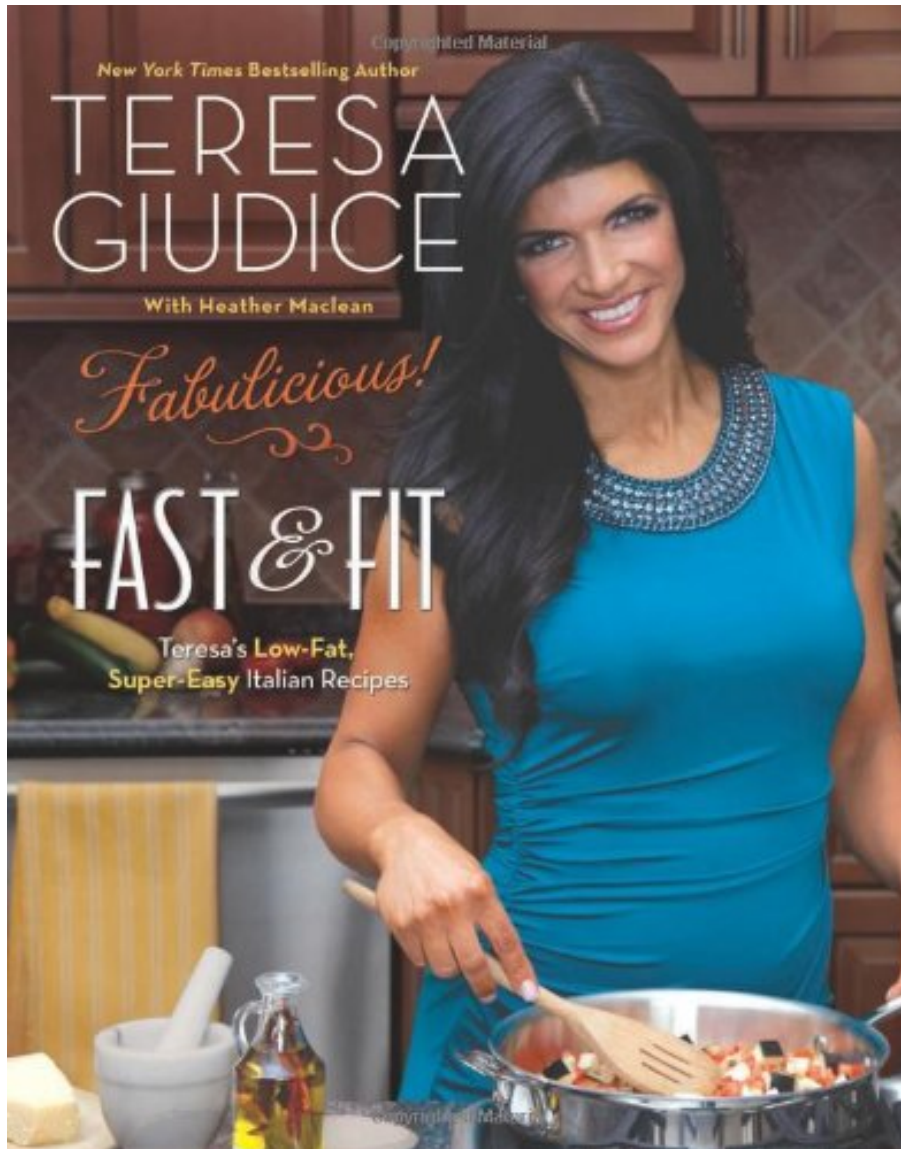


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Review

Publisher's Weekly

“Giudice's peppy personality comes through as she celebrates her Italian heritage with a wealth of easy recipes. Complete with a "Motivating Music" playlist and tips for storing fresh herbs, Giudice provides plenty of inspiration and information to pursue her favorite F-words: great food, staying fit, and--of course--being fabulous.”

About the Author

Teresa Giudice is the star of Bravo's *The Real Housewives of New Jersey*, now in its third season. She has been a regular fixture in the national media appearing on the *Today* show, *Live with Regis & Kelly*, *Entertainment Tonight*, as well as on the covers of *InStyle* and *People*. She lives in northern New Jersey. Visit her at teresagiudice.com. Heather Maclean has co-written *Skinny Italian*, *Fabulicious!*, and *Jane Seymour's Angels Among Us*. She lives in Michigan.

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With two New York Times best sellers and continued star-status on *The Real Housewives of New Jersey*, Teresa Giudice has lots more to share with her fans. In this latest book, Teresa provides a detailed program for how she keeps her voluptuous, sexy figure after four kids (and as she approaches 40). The more than 60 recipes in *Fabulicious!: Fast & Fit* emphasize "skinny": including lessons on playing up veggies and grilled meats, cooking low-calorie Italian favorites, and rules for the five things you **MUST** cut out (and what to replace them with).

But Teresa isn't about deprivation. She loves food— especially pasta and Tiramisu! Teresa proves that you **CAN** have your skinny jeans and spaghetti too. She tells you exactly how to live *La Bella Vita*- the "skinny" way.

- Sales Rank: #88672 in Books
- Published on: 2012-05-08
- Released on: 2012-05-08
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .60" w x 7.30" l, 1.35 pounds
- Binding: Paperback
- 192 pages

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Most helpful customer reviews

51 of 62 people found the following review helpful.

Great, healthy recipes
By Amazon Customer

This book is full of easy, healthy recipes complete with nutritional information. I am a working mom and need healthy recipes that don't take too long to get on the table. I recently purchased another "weeknight" cookbook and while the recipes are fantastic, most are not doable for weeknights. This book has recipes without a ton of steps that can be put together quickly and best of all, taste great. I've made two recipes so far and each have been easy to make and delicious. This is a great cookbook for busy moms who want to make delicious, home cooked meals for their family.

47 of 58 people found the following review helpful.

Better than the first 2

By Amazon Customer

As promised I received my pre-order yesterday. I made the Veggie Stuffed Portobello Mushrooms and Italian Wedding Soup, I give them 10 stars! Fast, easy, and GREAT recipes! Thank you Teresa for another wonderful cookbook!

25 of 34 people found the following review helpful.

Good food!

By Lidy

All the recipes look easy and good and I love the fact that you know how many calories and fat you have with every

Single one! Good job Teresa!

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