



# Kevin's Kitchen: Low Fat American Classics

*Kevin Malleck*

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## **Kevin's Kitchen: Low Fat American Classics** Kevin Malleck

Kevin's Kitchen is filled with great recipes you'll recognize as classic American cuisine, showcased in the healthfulness of fresh, low-fat ingredients. Kevin's recipes are simple, healthy and just right for busy families' on-the-go. Recipes such as Spaghetti and Meatballs and Chicken Pot Pie, along with some more unique dishes such as Grilled Stuffed Lobster and Baked Cod, all made in healthy and delicious ways. Written from a deeply personal point of view, the book brings you into Kevin's kitchen with humor and fun like no other cookbook. Kevin's recipes have been successful resulting in weight loss in his own home, and can work for you too. Kevin understands wanting to feel better both physically and emotionally and believes it is possible to lose weight without depriving yourself of the good delicious food you love. He understands feeling like you can't change because of all the times you tried and failed in the past. He understands the demands a busy family and career can have, and the overwhelm that happens thinking about the amount of time and energy it would take to really do it. With this in mind, Kevin's Kitchen takes you step-by-step and shows you how to prepare food in an easy, delicious and healthy way. You'll also find:

- Full color photos of every recipe. Kevin always says "You eat with your eyes first, if it doesn't look good, you won't eat it." So you'll be able to see what each healthy dish should look like, encouraging you to cook more dishes in healthier ways.
- Simple cooking techniques to making ANY recipe lower in fat and calories. You'll learn techniques that you can apply to any of your favorite recipes taking you beyond this book.
- Entrée, soup and side recipes. You can create whole meals for your family right away. The recipes in Kevin's Kitchen are original and have been tested in Kevin's real life kitchen in Northern Virginia. The photos and recipes are completely authentic and have helped Kevin and his family live healthier lives. The authors put a lot of love into this book, and hope you see and receive the value of what they have created. Kevin and his wife Lynda have been successful at losing 70lbs together (Kevin 20, Lynda 50) and the recipes included in Kevin's Kitchen are reflective of their efforts. They wrote this book because they are excited to have found a way to lose weight and still cook deliciously, and want to share it with you. If you have been thinking of losing weight but were afraid of being on a "diet," depriving yourself of the foods you love and consigning yourself to bland tasteless meals, Kevin's Kitchen; Low-Fat American Classics is what you have been waiting for! Weight loss and good food can go together.

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