



Smart Chefs Stay Slim: Lessons in Eating and Living From America's Best Chefs

Allison Adato

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Chefs are around delicious, tempting food all day. So how do they manage to look good while eating so well? When People magazine editor Allison Adato found covering the restaurant world was taking a toll on her own waistline, she turned to top chefs for their secrets. Here, more than three dozen greats like Eric Ripert, Thomas Keller, Rick Bayless, Tom Colicchio, and Michelle Bernstein reveal how to:

- Always enjoy the food you love
- Choose big flavors for maximum pleasure
- Read a restaurant menu and indulge the way smart chefs do
- Cook the easy, satisfying meals that pros prepare at home
- Use lemon, salt, and olive oil to make almost any dish terrific
- End your day with a square of chocolate

You don't have to cook like a four-star chef to eat like one! Like so many Americans, celebrity chefs also face the strain of balancing a good diet with a busy lifestyle. Now they share their own smart tips, scrumptious recipes and personal stories of losing over 100 pounds, of taking off baby weight and eating with kids, and of celebrating a love for food without sacrificing health—all while indulging an appetite for life.

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James Wendler:

Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Smart Chefs Stay Slim: Lessons in Eating and Living From America's Best Chefs, you are able to enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

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