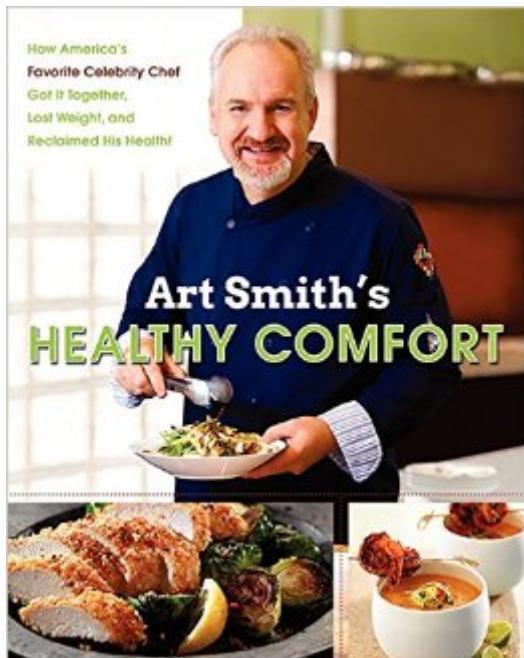


The book was found

Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got It Together, Lost Weight, And Reclaimed His Health!



Synopsis

Art Smith, the award-winning, personal chef to Oprah Winfrey, returns to the kitchen with Art Smithâ™s *Healthy Comfort*, a collection of 150 original, delicious recipes that will help you lose weight. Over 100 pounds overweight and facing a personal health crisis that included diagnoses for diabetes, high blood pressure, and high cholesterol, Smith started to exercise and made changes to his diet while continuing to prepare scrumptious meals. For the first time, he shares his weight-loss secrets and the recipes that helped him keep off the pounds. Filled with stunning full-color photos and easy-to-follow directions, Art Smithâ™s *Healthy Comfort* is a culinary pleasure that will put you on the path to a new, healthy lifestyle.

Book Information

Hardcover: 272 pages

Publisher: HarperOne; 1 edition (May 7, 2013)

Language: English

ISBN-10: 0062217771

ISBN-13: 978-0062217776

Product Dimensions: 7.4 x 0.9 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ See all reviewsÂ (69 customer reviews)

Best Sellers Rank: #96,218 in Books (See Top 100 in Books) #54 inÂ Books > Cookbooks, Food & Wine > Professional Cooking #193 inÂ Books > Cookbooks, Food & Wine > Celebrities & TV Shows #341 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

I love to cook, and love to read cookbooks as if they are novels. Shelf space being at a premium, over the years I've learned to be discriminating about what books I actually add to my collection. Too many purchases made with high expectations only to be disappointed by the reality. So now I first check the public library to actually evaluate a new book before buying. After giving this one a test run, I definitely plan to buy this cookbook. Art Smith came to fame by being Oprah Winfrey's personal chef, and watching him on her show is how I first became aware of him, although he clearly has expanded his own celebrity chef status. I don't own any of his other cookbooks so I approached this one without any knowledge of past published work. I was curious about this particular volume because it isn't a diet book, but rather a guide for sensible cooking created by a cooking professional rather than a fitness specialist. So, while there is no diet plan, there is a group

of well-crafted recipes that are both healthy and tasty. Meals so good it isn't obvious they have incorporated healthy ingredients. The book contains 117 recipes and is divided into eleven chapters plus an introduction along with a well-designed index in the back of the book so recipes can be quickly located either by name or main ingredient. There is also a motivational note to his readers. The remaining chapters are: You Can Reclaim Your Health, Too! (8 pages;) How I took the Plunge (3 pages;) Breakfast Start the Day Right!; First Courses and Snacks' Soups; Salads; Vegetarian Main Courses; Fish and Seafood Main Courses; Meat and Poultry Main Courses; Vegetable Side Dishes; and Party Day Foods: Treats Big and Small.

[Download to continue reading...](#)

Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got it Together, Lost Weight, and Reclaimed His Health! The Celebrity Black Book 2010: Over 60,000+ Accurate Celebrity Addresses for Autographs, Charity Donations, Signed Memorabilia, Celebrity Endorsements, Media Interviews and More! The Celebrity Black Book 2012: Over 60,000+ Accurate Celebrity Addresses for Autographs, Charity Donations, Signed Memorabilia, Celebrity Endorsements, Media Interviews and More! Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Favorite Food at Home: Delicious Comfort Food from Irelandâ™s Most Famous Chef Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Lets Make America Great Again Together: 7 Simple Steps That We Can Do Together to Make America Even Better Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) The Beverly Hills Celebrity Address Book: 1000+ Beverly Hills Celebrity Mail Addresses for Celeb Spotters, Autograph Hunters, Fan Mail, Casting Agents, Charity Fundraisers, and Journalists! The Celebrity Black Book 2009: Over 55,000 Accurate Celebrity Addresses for Fans, Businesses, Nonprofits, Authors and the Media Florida Celebrity Addresses: 300+ Celebrity Mail Addresses For Agents, Autograph Collectors, Event Organizers, Charity Fundraisers, Journalists, and More! The Celebrity Black Book 2015: Over 50,000 Celebrity Addresses The Celebrity Black Book 2014: Over 50,000

Celebrity Addresses The Celebrity Black Book 2013: Over 67,000 Accurate Celebrity Addresses, Deluxe Edition Autograph Collector Celebrity Autograph Authentication Guide: Authentic Examples of Over 1,000 Celebrity Autographs The Celebrity Black Book 2008: Over 55,000 Accurate Celebrity Addresses for Fans,Businesses & Nonprofits Smith and Roberson's Business Law (Smith & Roberson's Business Law) Index to the Works of Adam Smith (Glasgow Edition of the Works and Correspondence of Adam Smith, The)

[Dmca](#)