



# The Biggest Loser Simple Swaps: 100 Easy Changes to Start Living a Healthier Lifestyle (Biggest Loser (Paperback))

By Cheryl Forberg, Melissa Roberson

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**The Biggest Loser Simple Swaps: 100 Easy Changes to Start Living a Healthier Lifestyle (Biggest Loser (Paperback))** By Cheryl Forberg, Melissa Roberson

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!

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## Editorial Review

### About the Author

**Cheryl Forberg, RD**, is the nutritionist for *The Biggest Loser*. As co-creator of the eating plan, she has counseled each season's contestants on reaching their fitness and nutrition goals. A James Beard award-winning chef, Cheryl brings a flavorful and fresh approach to eating for weight loss with a special emphasis on anti-aging. She is the author of *Positively Ageless: A 28-Day Plan for a Younger, Slimmer Sexier You* (Rodale, 2008). Cheryl is a graduate of the University of California, Berkeley. She lives in Napa.

**Melissa Roberson** is the editor of BiggestLoserClub.com, the website that offers food, fitness, and exercise tips. She often visits the ranch and interviews trainers and contestants about their inspiring weight loss journeys. She is a web veteran, having worked on new media projects for Time Inc., *The New York Times*, News Corps., Amazon.com and BarnesandNoble.com. She lives in Hoboken, NJ.

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**David Simpson:**

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