

# Cook Yourself THIN

A Delicious Way to Drop a Dress Size



AS PART OF  
LIFETIME

Skinny Meals You  
Can Make in Minutes

## BUZZ BOOK: COOK YOURSELF THIN

● Lose the bulge and still indulge! Those are the watchwords behind the bestselling cookbook by the team from Lifetime's *Cook Yourself Thin*. Candice Kumai, one of the show's chef-hosts, explains.

**SO HOW CAN YOU INDULGE AND LOSE WEIGHT?** Our thing is moderation, not deprivation—if you deprive yourself, you're going to cheat. The book is about lifestyle change. There are a million tricks we know.

**LIKE WHAT?** Greek yogurt has calcium and protein and the exact same consistency as sour cream. Sweet potato fries instead of fried french fries. Take out pasta and bake with zucchini strands. You can still have all your favorites, but we took out all the excess fat and calories.

**THE CHOCOLATE CAKE LOOKS DELISH—BUT THERE ARE**

### BEETS IN IT!

It's [cohost] Harry's recipe [find it at [mylifetv.com](http://mylifetv.com)]. She loves experimenting with vegetables and tries to incorporate them. Zucchini bread, sweet potato pie. Vegetables are a lighter way of adding texture and moisture.

### DO YOU THREE FOLLOW THE

**CYT LIFESTYLE?** I'm not going to say I don't go out for a great burger. We eat real foods—we're just more conscious of what we're putting into our diet every day.—**THAILAN PHAM**



Deep Dark  
Chocolate  
Cake



Cohosts  
Candice  
Kumai, Harry  
Eastwood  
and Allison  
Fishman