



## Looneyspoons: Low-Fat Food Made Fun!

*Janet Podleski, Greta Podleski*

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Who says low-fat food has to be tasteless, unappealing, and boring? No "weigh"! *Looneyspoons* is a refreshingly unique low-fat cookbook with a spunky personality that's destined to make you look at healthful eating in a different "light". Using an innovative and somewhat wacky presentation style to take the intimidation and confusion out of healthful eating, sisters Janet and Greta Podleski show you how to make it easy and **fun!**

With over 300 cartoons, plenty of humor, bite-sized chunks of useful lifestyle information, the Podleski sisters put aside their *Sizzling Rivalry* (their fantastic chicken and potato recipe) and show you how to prepare such fascinating dishes as:

- Manicotti Overboard
- Chili Chili Bang Bang
- Chip Chip Hooray!
- Sinnamon Apple Muffins
- Miss American Thigh
- Jurassic Pork Roast

*Looneyspoons* is more than just a cookbook. Janet and Greta share useful, common-sense strategies to help you adopt and maintain a healthy lifestyle. You'll learn how to make smarter food choices at home, at the grocery store, and at restaurants.

So *Hail a Cabbage* or *Say "Cheesecake"*. Either way, just get **looney** and indulge yourself in a hefty serving of laughter—healthy living has never been so much fun!

## About the Authors

**Janet** and **Greta Podleski** put everything into this book—literally. They quit their jobs, sold their cars, and Janet even parted with her wedding dress at a yard sale (she did keep her husband). With support and advice from Dave Chilton (author of *The Wealthy Barber*), the Podleski sisters and *Looneyspoons* are well on their way to impacting millions of North Americans' eating habits—and funny bones.

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#### **Diane McCarthy:**

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