



Fabulicious!: Fast & Fit: Teresa's Low-Fat, Super-Easy Italian Recipes

Teresa Giudice

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With two *New York Times* best sellers and continued star-status on *The Real Housewives of New Jersey*, Teresa Giudice has lots more to share with her fans. In this latest book, Teresa provides a detailed program for how she keeps her voluptuous, sexy figure after four kids (and as she approaches 40). The more than 60 recipes in *Fabulicious!: Fast & Fit* emphasize "skinny": including lessons on playing up veggies and grilled meats, cooking low-calorie Italian favorites, and rules for the five things you **MUST** cut out (and what to replace them with).

But Teresa isn't about deprivation. She loves food— especially pasta and Tiramisu! Teresa proves that you **CAN** have your skinny jeans and spaghetti too. She tells you exactly how to live La Bella Vita- the "skinny" way.

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