

**The Sparkpeople Cookbook: Love Your Food, Lose The  
Weight By Meg Galvin;Stepfanie Romine**

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This Italian-inspired healthy slow cooker chicken recipe from The SparkPeople Cookbook will satisfy without blowing your calorie budget

### **Author: stephanie romine - walmart.com**

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### **Meg galvin (author of the sparkpeople cookbook)**

Meg Galvin is the author of The Sparkpeople Cookbook (4.05 avg rating, 239 ratings, 16 reviews, published 2011), The Spark Solution Meg Galvin's Followers.

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From the team that brought you SparkPeople.com, America's #1 weight-loss and fitness site, and the New York Times bestseller The Spark, comes The SparkPeople Cookbook.

### **Broccoli and spaghetti squash with lemon pepper**

This cookbook The Sparkpeople Cookbook: Love Your Food, Lose the Weight is full of recipes that are not only healthy, but pretty darn delicious as well.

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Master chef and healthy cooking expert Meg Galvin has created this cookbook for to love your food, but also allow you to lose The SparkPeople Cookbook

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## **Stephanie romine - eat your books**

The Sparkpeople Cookbook: Love Your Food, Lose the Weight At SparkPeople.com, Meg Galvin develops healthy Stephanie Romine is editor of SparkRecipes.com and

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### **Chef meg's easiest recipes! from sparkpeople.com |**

we welcome Stephanie Romine, co-author (with Chef Meg) of The SparkPeople Cookbook, Love Your Food, Lose the Weight, Chef Meg) of The SparkPeople Cookbook

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