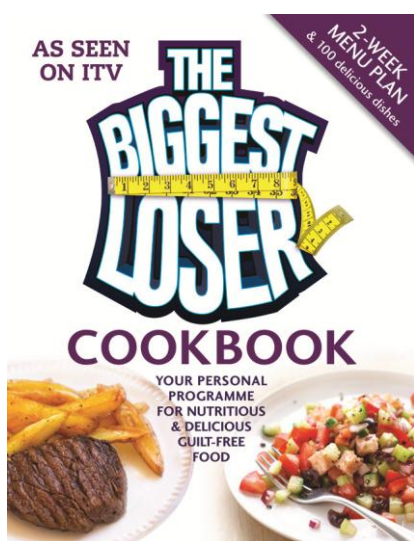




OCTOPUS PUBLISHING GROUP



THE BIGGEST LOSER COOKBOOK

Your Personal Programme for
Nutritious & Delicious Guilt-free Food

Published 2nd January 2012

By Hamlyn

£12.99

The New Year sees the launch of a new Biggest Loser book to accompany the exciting return of the series to ITV1 in January 2012. The perfect accompaniment to the hit show, *The Biggest Loser Cookbook* presents over 100 recipes and ideas for calorie-counted meals which are delicious, nutritious and so easy to create at home.

Drawing on the success of the show, the book presents straightforward recipes and a sensible diet plan alongside advice and motivation which is synonymous with The Biggest Loser message. There's no counting of calories – as the book does it for you. A 14-day menu plan, shopping lists and additional information on cheats and swaps make it easy to achieve and maintain a healthy body shape without sacrificing tasty food.



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The Biggest Loser Cookbook includes simple, mouth-watering and satisfying recipes which provide a varied range of dishes including breakfasts, lunches, dinners and no-cook snacks and treats. Enjoy Thai chicken salad, lamb curry with coconut, steak and chips and vanilla rhubarb with honey, without fear or guilt. By following the meal plan, recipes and simple guidelines on healthy eating, you will be able to shed the pounds, be bursting with energy and feel fantastic in no time.

150
FISH, POULTRY & MEAT

Steak with herby, healthy chips

CALORIES PER PORTION: 440 kcal

This is a good example of a traditional meal that's been adapted to have a lower calorie count, but with extra flavour.

FOR THE STEAK 2 x 8 PELLETS STEAK, WEIGHING ABOUT 150 g (5 OZ) EACH 1 50 ML (2 FL OZ) RED WINE 2 TEASPOONS OLIVE OIL 1 FREELY GRINDING BLACK PEPPER 4 MINT LEAVES, TO GARNISH

FOR THE CHIPS 2 BAKING POTATOES, WEIGHING ABOUT 175 g (6 OZ) EACH 1 2 TEASPOONS OLIVE OIL 1 TEASPOON DRIED HERB MIXTURE

1. Trim any excess fat from the steaks. Pour the wine into a china dish, add a good grinding of black pepper then turn the steaks over in this marinade so they are evenly coated. Cover the dish and set aside until needed.
2. After 30 minutes, prepare the chips. Preheat the oven to 200°C (400°F). Cut each 6. Wash the potatoes but don't peel them. Slice them into 5/8 chips (about 2 cm/just under 1 inch wide). Place them in a pan of water, bring to the boil and par-boil for 2 minutes.
3. Drizzle 2 teaspoons oil into a large ovenproof dish and place it in the preheated oven to warm. Drain the potatoes and put them in the warm oil,

then sprinkle the herbs on top. Turn well to coat, and spread them out in a single layer. Put the dish back in the oven and bake for 10–12 minutes. Remove the dish, turn the chips over, moving them around, and return to the oven for a further 10–15 minutes until they are browned nicely.

4. When the chips are almost ready, heat the olive oil in a large frying pan or ridged griddle pan. When the oil is starting to smoke, take the steaks out of their marinade and cook them to taste, basting once. Serve immediately, with the herby chips and a little mustard.

B Have a mixed leaf salad with 4 cherry tomatoes and 1 tablespoon of light vinaigrette dressing as well (this adds 75 calories)

C As for B, and also have a larger steak, weighing up to 225 g (7 3/4 oz) each as well (this adds 180 calories)

D As for B and C combined, plus a 125 ml (4 fl oz) glass of red wine to accompany it (this adds 275 calories)



The Biggest Loser is a TV phenomenon and one of the leading brands in the world with sales of the show to over 90 territories worldwide. In the UK, the 2011 ITV1 series attracted over 4 million viewers per week, and had an average audience reach of 7 million per episode. The series finale winner, Wil Graham, lost a staggering 8st 7lbs on the show. In January 2012, the show will return for an extended primetime TV run.

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