



**Weight Loss Never Tasted So Good Cookbook: An Illustrated Guide to Eating Your Way to a Healthy Weight. Including Weight Loss Tips with 180 Weight Loss Recipes from a Former Fat Guy**

*Mr Tony Vassallo*

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In 2010, Tony Vassallo was at a crossroads - morbidly obese, with several life-threatening medical issues related to excess weight. His fear for the future and the man he saw reflected in the mirror gave him the determination to choose change over confections. Tony harnessed his passion for food and devised simple, creative ways to prepare delicious and healthy meals. Over a 16-month journey he successfully shed 130 pounds and has continued to keep it off. This cookbook is filled with tips and recipes using photos of the meals he prepared for himself over the course of his weight loss journey. Tony is now a Man on a Nutrition Mission™ and he wants to help you EAT Your Way to a Healthy Weight.

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