

# Eat More Of What You Love PDF

marlene koch



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# About the book

Celebrate Culinary Excellence: Bestseller List Featured

Introducing More Delightful Recipes from Marlene Koch!

Delve into an exciting new world of easy and guilt-free recipes straight from Marlene Koch's kitchen. Prepare to be amazed with more comfort foods, family favorites, and restaurant-style dishes—not to mention more chocolate delights!

As the bestselling author of *\*Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat and Calories,\** Marlene has earned the title of "kitchen magician" for her remarkable ability to cut sugar, calories, and fat without sacrificing taste.

In her latest cookbook, Marlene takes it up a notch, offering even more delectable recipes that are not only healthier but also incredibly tasty!

Discover an array of comfort food classics like Sour Cream and Onion Smashed Potatoes and Macaroni and Cheese Muffins. Enjoy restaurant favorites reimaged, including Chicken Fettuccine Alfredo (only 330 calories compared to the traditional 1,400!) and P.F. Chang-Style Mongolian Beef.

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Plus, try her lazy day slow cooker creations such as Lazy Day Lasagna, or whip up something quick with 15-Minute Shrimp Fettuccine and Quick-Fix Caramelized Onions.

And for the sweet lovers out there, indulge in an array of desserts like Amazing Pecan Pie Cups (just under a teaspoon of sugar each!), Raspberry Oat Bars, and 90-Calorie Chocolate Cupcakes.

*\*Note:* For the most up-to-date Weight Watcher points, please visit the Marlene Koch website for downloadable addendums related to all her *\*Eat What You Love\** titles!

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# Eat More Of What You Love Summary

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# Who should read this book **Eat More Of What You Love**

"Eat More of What You Love" by Marlene Koch is ideal for anyone seeking to enjoy delicious meals without sacrificing health, particularly those who are health-conscious, struggling with dietary restrictions, or looking to lose weight while still enjoying the flavors they love. This book is especially beneficial for individuals who have a sweet tooth or a passion for comfort food but feel frustrated by traditional dieting methods that limit their options. Home cooks, busy parents, and anyone who wants to maintain or improve their health without feeling deprived will find valuable insights and practical recipes in Koch's approach to balanced eating.

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# Key insights of Eat More Of What You Love in table format

Chapter/Section	Summary
Introduction	Marlene Koch introduces her philosophy about enjoying food without sacrificing health by providing easy and delicious recipes.
Healthy Eating Principles	The author emphasizes the importance of incorporating enjoyable foods into a balanced diet, focusing on moderation and smart choices.
Cooking Tips	Koch shares practical tips for healthier cooking techniques and ingredient substitutions to enhance flavor and nutrition.
Recipes Overview	The book includes a wide variety of recipes categorized by meals, snacks, and desserts, all aimed at satisfying cravings while promoting health.
Sweet Treats	Marlene includes several dessert recipes that use healthier ingredients to satisfy sweet tooth cravings without guilt.
Everyday Meals	The majority of the book consists of everyday meals that are quick, easy to prepare, and make use of low-calorie, high-flavor ingredients.
Mindful Eating	The author discusses the concept of mindful eating and how it can contribute to a healthier relationship with food.
Conclusion	Koch reiterates that enjoying food is possible while maintaining a healthy lifestyle, encouraging readers to embrace deliciousness in moderation.



# **Eat More Of What You Love Summary Chapter List**

1. Chapter 1: Discovering a Healthier Relationship with Food
2. Chapter 2: Understanding the Science Behind Taste Preferences
3. Chapter 3: Satisfying Your Cravings Without Guilt
4. Chapter 4: Cooking Techniques That Preserve Flavor and Nutrients
5. Chapter 5: Easy, Delicious Recipes That Reinvent Classic Favorites
6. Chapter 6: Strategies for Sustainable Eating and Lifestyle Changes
7. Chapter 7: Embracing Food Freedom: Enjoying Life's Culinary Delights

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# 1. Chapter 1: Discovering a Healthier Relationship with Food

In "Eat More of What You Love," Marlene Koch begins with an empowering directive: to embrace a healthier relationship with food by understanding that eating should be a pleasurable and nourishing experience rather than one fraught with guilt and anxiety. Koch emphasizes the importance of shifting our mindset about food. Many individuals approach eating with negative connotations, considering it merely a vehicle for maintaining weight or adhering to restrictive diets. However, Koch encourages readers to recognize food as an integral part of life—a source of joy, comfort, connection, and cultural identity.

The chapter outlines several key principles for developing this healthier relationship with food. Firstly, Koch advocates for the concept of moderation over restriction. Instead of cutting out beloved foods, she suggests that readers can enjoy a variety of options while being mindful of portion sizes. This approach not only satisfies cravings but also helps to prevent binge eating that often stems from feelings of deprivation.

Koch introduces the idea of "food freedom," which allows individuals to enjoy their favorite dishes guilt-free by learning to balance indulgent choices with healthier options. This balance is crucial in fostering a positive association with food, moving away from the cycle of guilt and shame



typically associated with dieting.

Moreover, Koch stresses the importance of mindful eating. By being present during meals—appreciating aromas, flavors, and textures—individuals can enhance their dining experiences. Mindful eating promotes awareness, allowing one to listen to their body's hunger cues and to enjoy food without distraction. This practice can significantly alter one's perception of food and greatly enhance the satisfaction derived from it.

In addition, the author discusses the emotional connections we have with food and encourages readers to address any negative emotions tied to eating. By recognizing triggers and patterns around emotional eating, individuals can better understand their motivations and foster healthier habits. Koch provides practical tips for viewers to cultivate joy in their meals without the accompanying baggage of guilt.

Koch also touches on the significance of variety in the diet. Exploring and incorporating new flavors, food types, and preparation methods not only diversifies one's palate but also enhances nutritional intake. She underscores that food is not just fuel—it can be a form of art and creativity. This perspective encourages individuals to explore their culinary interests which in turn nurtures a respectful and enjoyable relationship with food.

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Ultimately, Chapter 1 serves as a foundational step for readers on their journey to a healthier lifestyle. By instilling the belief that enjoying food is a natural and essential aspect of life, Marlene Koch lays the groundwork for a more fulfilling relationship with eating, positioning it as a source of joy rather than a battleground for guilt and regret. This message instills hope that embracing food, rather than fearing it, can lead to better overall wellness and a genuine appreciation for the culinary experiences that life has to offer.

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## 2. Chapter 2: Understanding the Science Behind Taste Preferences

Understanding our taste preferences goes far beyond simple likes or dislikes; it plunges into the fascinating interplay of biology, psychology, and cultural influences. In "Eat More of What You Love," Marlene Koch emphasizes that taste is not just about satisfying hunger but is deeply connected to our personal history, environment, and even our genetics.

Our taste preferences are shaped largely by our biology. Humans have innate preferences for certain flavors—sweetness being a prime example. This preference is thought to stem from our evolutionary development because sweet tastes often signal high-calorie foods, vital for survival. Conversely, bitter tastes, which can signal toxins, are typically avoided, illustrating a survival mechanism that dissuades us from potentially harmful foods.

Koch delves into how our taste receptors, approximately 10,000 of which lie on our tongue, allow us to experience five primary tastes: sweet, salty, sour, bitter, and umami (savory). Each of these tastes plays a specific role in determining our overall experience of food. For instance, umami has garnered attention for its ability to enhance flavors and is often used in savory dishes to boost satisfaction without adding excessive calories.

Beyond biology, our taste preferences are also molded through exposure and



experience. From the early days of childhood, the foods we are introduced to can significantly influence our taste landscape. Families often share meals that carry cultural, emotional, and sensory histories, which help shape what we crave as adults. Therefore, children who grow up eating a diverse range of foods are more likely to enjoy those flavors later in life.

Moreover, psychological factors play a role in how we perceive taste. The concept of flavor is not just about what is on our plate; it also involves how we feel about what we eat. For example, past experiences associated with certain foods, whether positive or negative, can condition our future preferences and cravings. This psychological connection underscores the importance of creating positive associations with healthy foods to foster better eating habits.

Cultural influences can also make a profound impact on our taste preferences. Different cultures have distinct culinary traditions that dictate what flavors are emphasized and valued. For instance, the Mediterranean diet celebrates bold flavors from fresh herbs and spices, while Asian cuisines may highlight contrasting tastes in harmony. Understanding these cultural nuances can help broaden our palettes and lead to a more varied and satisfying diet.

Another intriguing aspect of taste preference is the role of genetics. Some

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individuals possess genetic variations that make them more sensitive to certain tastes. For instance, people with heightened sensitivity to bitterness might find it challenging to enjoy green vegetables, whereas those with less sensitivity may find these vegetables palatable and even enjoyable.

In conclusion, Marlene Koch points out that understanding the science behind our taste preferences is essential not only for improving our meals but also for enjoying food without guilt or constraints. By recognizing how our biology, psychology, and culture intertwine, we can make informed decisions about what we eat, celebrating our unique palate while still striving for a healthier lifestyle. This understanding empowers us to embrace our cravings in a mindful way, encouraging a more balanced and pleasurable relationship with food.

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### 3. Chapter 3: Satisfying Your Cravings Without Guilt

Chapter 3 of "Eat More of What You Love" by Marlene Koch delves into the concept of guilt-free indulgence when it comes to food cravings. Koch emphasizes that experiencing cravings is a natural part of being human, and rather than suppressing or fearing these cravings, individuals should learn to embrace them in a positive way. This chapter presents practical strategies that allow people to satisfy their desires for specific foods without the accompanying feelings of guilt or deprivation.

Koch begins by discussing the psychological impact of guilt when it comes to eating. Many people associate certain foods with shame, especially those that are rich, calorie-dense, or labeled as 'unhealthy.' This negative mindset can lead to a cycle of binge eating and subsequent regret. By reframing how we view our cravings, Koch argues that we can foster a healthier connection with food. Instead of viewing indulgences as the enemy, she encourages readers to see them as essential components of a balanced diet.

A pivotal point in the chapter is the importance of moderation. Koch suggests that moderation is the key to enjoying our cravings without falling into the trap of overindulgence. She offers techniques such as portion control, where one can enjoy a small serving of their favorite treat rather than an entire slice of cake. This allows individuals to satiate their desires



while keeping their overall consumption in check.

Another valuable insight provided by Koch is the idea of mindful eating. She explains the practice of being present during meals, which helps in fully appreciating flavors and textures. This mindfulness can transform the act of eating into a pleasurable experience rather than a rushed or mechanical one. Koch encourages taking time to savor each bite, which can ultimately lead to greater satisfaction and reduced cravings overall.

Additionally, Koch provides tips on how to create homemade versions of favorite comfort foods that use healthier ingredients or cooking methods without compromising flavor. By making these dishes at home, one has better control over the ingredients, allowing for a more satisfying and guilt-free experience.

The chapter also touches on addressing specific cravings and offers insight into the psychology behind them. Koch explains that cravings often signal unmet physical or emotional needs. For example, a desire for chocolate may indicate a need for a quick energy boost or even a craving for comfort during stressful times. Understanding these cravings can help individuals respond to them in ways that contribute positively to their well-being.

Towards the end of the chapter, Koch reiterates that enjoying food should

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not come with strings attached. She posits that by allowing ourselves to enjoy what we love, we can transform our relationship with food into one of positivity and pleasure, rather than guilt and remorse. The chapter leaves readers with an empowering message: it is indeed possible to satisfy cravings without guilt, and by embracing enjoyment in food, we can lead healthier and happier lives.

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## 4. Chapter 4: Cooking Techniques That Preserve Flavor and Nutrients

In "Eat More of What You Love," Marlene Koch emphasizes the importance of cooking techniques that not only enhance the taste of food but also preserve its nutritional value. As we embark on this culinary journey, it's essential to recognize that how we prepare our meals can significantly impact both the flavor profiles and the health benefits of the ingredients we choose.

One of the key cooking techniques highlighted in this chapter is steaming. Unlike boiling, which can leach away vitamins and minerals, steaming allows vegetables to maintain their vibrant colors and minerals. Steaming not only helps to preserve essential nutrients but also enhances the natural flavors of the foods. Koch suggests utilizing a steamer basket or even a microwave steam bag for a quick and easy nutrient-friendly cooking method.

Another effective technique promoted by Koch is roasting. Roasting vegetables at a high temperature caramelizes their natural sugars, intensifying their flavors while keeping their nutrients intact. This method works particularly well for root vegetables, which can take on a rich, sweet taste when caramelized. Koch advises tossing vegetables with a little bit of olive oil and seasoning before roasting to elevate their flavor even further,



making them delicious side dishes or toppings for various meals.

Sautéing is also discussed as a viable cooking method to maintain the integrity of food. By cooking quickly over high heat with a small amount of healthy oil, you can lock in flavors while ensuring that vital nutrients are preserved. Koch emphasizes the importance of using heart-healthy oils such as olive or avocado oil which can add both flavor and nutritional benefits, such as antioxidants, to your meals. This technique is particularly beneficial for greens like spinach that wilt quickly but retain their vibrant flavors and nutrients when sautéed properly.

Koch also points out the benefits of using low-and-slow cooking methods like braising and stewing. These techniques allow flavors to meld beautifully while breaking down tougher cuts of meat and fibrous vegetables. When done correctly, this method creates hearty dishes that are both satisfying and nutrient-rich, as the flavors deepen over time without sacrificing the quality of the ingredients.

Moreover, Koch advocates for the use of spices and herbs to enhance flavors without adding extra calories or sodium. Incorporating aromatic herbs and spices encourages creativity in the kitchen, turning simple dishes into flavorful meals that anyone can enjoy. She highlights certain spices that may have additional health benefits, such as turmeric for its anti-inflammatory

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properties and garlic for cardiovascular health.

Finally, Koch encourages home cooks to explore raw preparations, whereby fruits and vegetables are consumed in their natural state. This method not only preserves nutrients but allows for the fullest expression of taste. Salads, salsas, and smoothies can pack a powerful punch of vitamins and flavor, providing a vibrant and healthful eating option.

In conclusion, Chapter 4 of "Eat More of What You Love" serves as a powerful reminder that the way we cook can significantly affect the nutritional content and flavor of our meals. By embracing cooking techniques that preserve both flavor and nutrients, readers can enjoy food that tastes good and contributes positively to their health, making the act of eating not only pleasurable but also beneficial.

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## 5. Chapter 5: Easy, Delicious Recipes That Reinvent Classic Favorites

In Chapter 5 of "Eat More of What You Love," Marlene Koch presents a collection of easy and mouthwatering recipes designed to put a healthier twist on classic comfort foods. Understanding that many people struggle with giving up their favorite meals in the pursuit of healthier eating, Koch emphasizes the importance of enjoying the foods we love while making smarter ingredient choices that maintain taste and satisfaction.

The chapter kicks off with an inviting introduction to the art of reinventing classic recipes, showing readers that they don't have to sacrifice taste for health. Koch encourages an adventurous spirit in the kitchen, allowing everyone to explore new ingredients that still deliver the flavors they crave.

Koch presents an array of recipes categorized by meal types, offering something for everyone. For starters, the chapter includes a healthy spin on **macaroni and cheese**. Instead of using traditional creamy options laden with heavy cheese, Koch suggests using pureed cauliflower or butternut squash to create a creamy base that is low in calories but high in flavor. These alternatives contribute a luscious texture and nutrient density while keeping the indulgent taste intact, satisfying that cheesy craving without the guilt.

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Next, Koch tackles **classic pizza**, transforming it into a healthier version that still feels indulgent. By suggesting a whole wheat crust or using a cauliflower base, she provides a lower-carb option that those watching their caloric intake can enjoy. Toppings such as fresh herbs, lean meats, and plenty of colorful vegetables not only enhance flavor but also boost nutritional value, ensuring a bite packed with goodness.

For those who adore **desserts**, Koch offers her famous healthier take on **chocolate chip cookies**. By substituting sugar with natural sweeteners, such as agave nectar or coconut sugar, and incorporating oats or almond flour in place of refined flour, she ensures that these treats are not only delicious but easy on the waistline. The chapter provides precise measurements, along with baking tips that keep the cookies chewy and satisfying, making it easier to indulge without the sugar crash afterward.

Additionally, Koch dives into **stir-fry dishes** that celebrate vibrant vegetables and lean proteins. Her recipe for a **zesty chicken stir-fry** includes an array of colorful veggies and a light, homemade sauce that adds flavor without unnecessary calories or additives found in store-bought options. This dish exemplifies Koch's philosophy that eating healthy can be both quick and delicious, making perfect use of seasonal produce.

Throughout the chapter, Koch emphasizes the importance of using fresh

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herbs and spices, which she suggests can transform ordinary meals into flavor powerhouses. By incorporating a variety of herbs, readers can enjoy heightened flavors without the added calorie burden of heavier sauces or dressings.

Koch's approach to redefining familiar meals encourages a sense of empowerment in the kitchen. The chapter wraps up with advice on meal prepping, encouraging readers to prepare dishes ahead of time so they can easily enjoy healthy versions of their favorite foods throughout the week. By providing options that focus on balance, flavor, and creativity, Chapter 5 of "Eat More of What You Love" ultimately inspires readers to feel good about transforming their favorite comfort foods into healthy, delicious meals.

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## 6. Chapter 6: Strategies for Sustainable Eating and Lifestyle Changes

In Chapter 6 of "Eat More of What You Love," Marlene Koch delves into practical strategies that can help individuals create sustainable eating habits and lifestyle changes that foster health and well-being without deprivation. Koch emphasizes that the key to lasting dietary transformations lies not in rigid diets or restrictive eating patterns but rather in fostering a balanced relationship with food that can be maintained over time.

One primary strategy Koch advocates is the incorporation of mindful eating practices. She encourages readers to pay attention to hunger and satiety cues, suggesting that this awareness can lead to more satisfying meals and prevent overeating. By fully engaging in the eating experience—savoring flavors, textures, and aromas—individuals can enjoy their food more and feel fulfilled, making it easier to resist the urge to indulge in unhealthy snacks later.

Koch also highlights the importance of making gradual changes to one's diet, rather than drastic overhauls that can lead to feelings of deprivation or failure. She recommends setting realistic goals and focusing on small, incremental changes, such as adding more vegetables to meals or swapping out refined grains for whole grains. Over time, these small shifts can lead to substantial improvements in eating habits, contributing to better overall



health.

Another critical aspect discussed in this chapter is the role of planning and preparation. Koch suggests that having a meal plan for the week can significantly reduce stress and the temptation to choose unhealthy options in a pinch. By being proactive—batch cooking, prepping ingredients, and having healthy snacks on hand—individuals are better equipped to stick to their healthy eating goals. She also discusses how creating a supportive environment, such as involving family members in meal preparation and cooking can aid in establishing a culture of healthy eating within the household.

Furthermore, Koch addresses the common pitfalls that can derail sustainable eating, such as emotional eating or social pressures. She encourages readers to seek alternative coping strategies for stress, anxiety, or boredom, which might otherwise lead to mindless eating. Engaging in physical activities, picking up new hobbies, or practicing relaxation techniques are valuable recommendations she offers to help manage these emotions without relying on food.

Lastly, the importance of balance and flexibility in one's dietary approach is a recurring theme in this chapter. Koch reassures readers that indulging in favorite foods is not only permissible but also essential for a healthy



relationship with food. By allowing oneself the freedom to enjoy treats in moderation—while maintaining the focus on nutrient-dense foods most of the time—individuals can enjoy a satisfying and balanced diet. This flexibility helps to avoid the all-or-nothing mentality that often leads to feelings of guilt and failure.

In conclusion, Koch’s strategies for sustainable eating and lifestyle changes emphasize a holistic approach—one that combines mindful eating, gradual adjustments, meal planning, and accepting the need for balance. By prioritizing enjoyment and satisfaction alongside nutrition, readers can cultivate a healthier lifestyle that is both enjoyable and sustainable.

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## 7. Chapter 7: Embracing Food Freedom: Enjoying Life's Culinary Delights

In the final chapter of "Eat More of What You Love," Marlene Koch delves into the concept of food freedom, a critical step in enjoying a fulfilling culinary life. Food freedom is not merely about enjoying meals; it embodies creating a positive and liberated mindset toward food, where guilt and restriction do not overshadow pleasure.

Koch emphasizes the importance of redefining one's relationship with food. She encourages readers to abandon the dieting mentality that often vilifies certain foods. Instead, she advocates for a more inclusive approach that allows individuals to savor all types of cuisine without fear. This shift encourages joy in eating and the understanding that food is not the enemy, but rather a source of nourishment and pleasure.

One vital aspect of embracing food freedom is developing mindfulness around eating. Koch prompts readers to engage fully with the eating experience—savoring flavors, appreciating textures, and listening to the body's hunger and fullness cues. This mindfulness enables individuals to truly enjoy meals rather than rushing through them or eating out of habit. Practicing mindfulness transforms mealtime into a celebration, enriching the overall dining experience.



Koch also shares practical strategies for achieving food freedom in everyday life. She discusses the importance of maintaining a balanced diet that includes a variety of foods, both healthy and indulgent. By doing so, individuals can ensure they are not left feeling deprived, which can lead to binge eating or food obsession. Koch insists that when people permit themselves to indulge occasionally, they find that cravings diminish, leading to a more balanced approach to eating.

Furthermore, Koch highlights the significance of sharing culinary experiences with family and friends. Eating is often a communal activity, and gathering around a table to enjoy food can be an opportunity to bond and create lasting memories. She encourages individuals to embrace potluck dinners, cook together, and share favorite recipes. This social aspect of dining not only enhances the enjoyment of food but also builds a supportive network that celebrates diverse culinary delights.

Ultimately, the chapter culminates in the concept that food freedom is transformative, reshaping how individuals view their diets and their lives. It entails letting go of the chains of guilt and restriction, choosing instead to fully embrace the experience of eating as one of life's great pleasures. Koch's philosophy is that life is too short to miss out on culinary joys; thus, every meal should be an opportunity to indulge in flavors, enjoy nutritious options, and foster relationships.



In conclusion, Chapter 7 of "Eat More of What You Love" celebrates the empowerment that comes with embracing food freedom. It invites readers to enjoy life's culinary delights fully, encouraging a balanced and joyous approach to food that nourishes both the body and the soul.

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# 5 Key Quotes of Eat More Of What You Love

1. Enjoying the foods you love doesn't have to be a guilty pleasure; it can be a part of a healthy lifestyle.
2. The key to a balanced diet is to focus on moderation and making food choices that satisfy both your cravings and your health goals.
3. Food is more than just fuel; it's also about connection, enjoyment, and sharing experiences with those we love.
4. There's a delicious balance to be found in eating what you love while still honoring your body and its needs.
5. Life is too short for deprivation; embrace foods that nourish your soul as well as your body.

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