



Wolfgang Puck Makes It Healthy: Light, Delicious Recipes and Easy Exercises for a Better Life

By Wolfgang Puck, Chad Waterbury

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Acclaimed chef and restaurateur Wolfgang Puck shares his classic recipes made healthy along with easy exercise moves to help readers lose weight and feel energetic.

In *Wolfgang Puck Makes It Healthy*, Wolfgang Puck shares the food and fitness plan that helped him transform from being overweight and out of shape to fit and energetic. Now, he offers more than 100 health-conscious recipes, some modified classics from his earlier classics; others brand new. Readers will find flavorful food for every meal, including snacks and desserts, inspired by Mexican, Asian, Italian, Indian, and French cuisine.

Puck will never tell readers that they can't enjoy a glass of wine or to cut out their favorite foods. Instead, he partnered with trainer Chad Waterbury and journalist Lou Schuler to outline an exercise solution. They've uncovered a plan for the fitness-phobic out there who want to be able to indulge a little: an adaptable 40 minute workout program focused on core stability, cardio fitness, and mobility that can be adapted to suit anyone's daily life.

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Editorial Review

About the Author

Wolfgang Puck was a driving force behind the popularity of California Cuisine as a result of opening Spago in 1982. Puck was twice named Outstanding Chef of the Year by the James Beard Foundation. His other restaurants include Chinois, Postino, and CUT. Puck regularly appears on *Good Morning America*, has a syndicated newspaper column, Wolfgang Puck's Kitchen, which reaches 5.5 million readers, sells his own merchandise on HSN and is now on *Top Chef*.

Chad Waterbury is a strength coach and personal trainer in Los Angeles. He is the author of *Men's Health: Huge in a Hurry*.

Lou Schuler is a journalist and author specializing in fitness and nutrition. He is the author of *The New Rules of Lifting*, *The New Rules of Lifting for Women*, and *The New Rules of Lifting for Abs*.

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