

## **Cookbook Teaches How to Lose Weight by Eating Favorite Foods**

*Seattle, WA August 5<sup>th</sup>, 2011* – Many people struggle with losing weight, but with Chef Aileen Figula Kiter's recipes you can eat the meals you love and still lose those extra pounds. In Chef Aileen's new cookbook series, *400 Calories or Less*, published by DigiGlyph, learn how to turn your favorite meals into low calorie variations that taste great. The cookbook series is available as an eBook on Kindle & Nook and as an app on iPhone & iPad. Readers can also discuss meals and recipes with Chef Aileen using the Twitter Hashtag #400CaloriesOrLess or her Facebook Fan Page <http://facebook.com/400Cals>.

“With an arsenal of great recipes and some shared tips and tricks, anyone can easily cook satisfying yet healthy meals without sacrificing flavor,” Says Chef Aileen. She goes on to explain, “This is really a zero deprivation meal plan. There's not a single thing that is taboo in this meal plan.”

### **The 400 Calories or Less Cookbooks:**

*Links to download & purchase: <http://digiglyph.org/publications/400-calories-or-less/>*

**Kid Friendly Cookbook** - Learn low calories variations to kid friendly classics such as recipes for sloppy joes, grilled cheese sandwiches, chicken bakes and fettuccine alfredo.

**Summer Fun Cookbook** - Recipes for grilling favorites, salads, sweets, and delicious drinks that are perfect for summer.

**Around the World Cookbook** - Travel the world without leaving your kitchen – or losing track of calories with recipes influenced by Asian, Mediterranean, Mexican, Italian and American cuisines.

**Holiday Recipe Cookbook** - learn healthy adaptations of classic holiday recipes fit for entertaining and satisfying the most indulgent guests.

### **About Chef Aileen**

Chef Aileen has been cooking for over thirty years, sharing her flavorful home cooked meals with friends and family. As her metabolism slowed, Chef Aileen set out to transform her favorite dishes into low calorie meals that taste great.

### **About DigiGlyph**

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