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The Hollywood Wrap: 100 Quick and Easy Meals to Fuel Your Workout and Help You Lose Weight, from Celebrity Fitness and Nutrition Expert

Nancy Kennedy

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When it comes to eating on the run, it's not always easy to make smart choices. In her new book, celebrity fitness trainer and nutrition expert Nancy Kennedy introduces her foolproof solution for weight-conscious dining at home or away with 100 recipes for sleek and sexy wraps. You can put together these nutritious, low-calorie meals in minutes and pack them along wherever your busy day takes you.

In *The Hollywood Wrap*, you'll find:

- Quick and easy recipes for energy-boosting breakfast wraps, plus light and luscious lunch, snack, and dinner wraps
- 4 weeks of meal plans to help you lose weight--and keep it off
- Healthy cooking, shopping, and kitchen-stocking tips
- The workout moves that keep Kennedy's Hollywood clientele fit and red-carpet ready

Stylish, sassy, and designed to help you manage your diet even on a hectic schedule, *The Hollywood Wrap* will ensure that you always have a satisfying, balanced meal on hand--whenever and wherever hunger strikes.

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