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Extra Lean Family: Get Lean and Achieve Your Family's Best Health Ever

Mario Lopez, Jimmy Pena

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Facing the reality that a third of the nation’s children are overweight, Mario Lopez developed a plan with one simple understanding: what you eat affects those closest to you. As a proud new father, Mario is committed to helping his family start on the right foot when it comes to what they eat by applying the principles of *Extra Lean* to the household.

In *Extra Lean Family*, Mario shows you how to use rules from his *New York Times* bestseller *Extra Lean* to broaden the spectrum of foods your family eats and maintain your best health by cooking nourishing, quick, and delicious meals. Take charge of your food, control the quality and preparation of your meals, and consistently achieve lean results with:

Simple, delicious recipes that can be prepared in 20 minutes or less
Double-duty options, offering two quick meal variations with the same ingredients
Metabolism boosting and nutritious snacks to combat hunger between meals
Weekly grocery lists and easy tips for efficient meal preparation
Practical steps to control your metabolism and maintain target weight

Extra Lean Family is full of delectable, healthy recipes that can be served for quick meals the entire household will love.

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