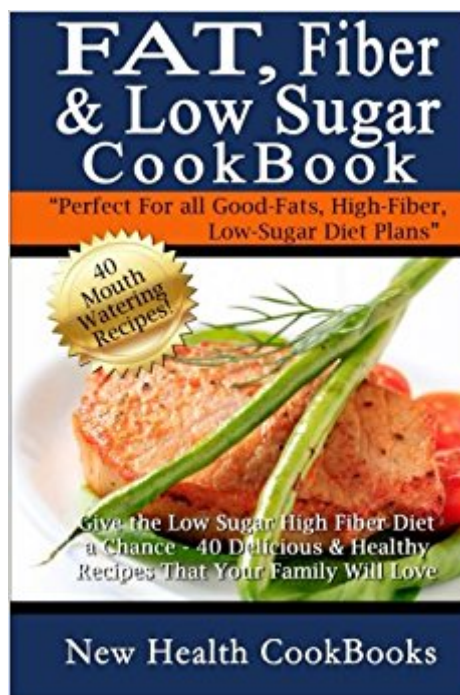




The book was found

Fat, Fiber & Low Sugar Cookbook: Give The Low Sugar High Fiber Diet A Chance - 40 Delicious & Healthy Recipes That Your Family Will Love



Synopsis

"If You Have Read Fat Chance, This Cookbook Is For You!" Delicious & Healthy In this helpful cookbook, you will find 40 delicious recipes that are low-sugar and high in fiber, perfect for those following a "low-sugar, high-fiber with healthy-fats" program. If you have not yet read the book Fat Chance or Fat Chance Cookbook by Robert H. Lustig, we highly recommend that you read both so that you will understand why we have carefully designed these recipes with very specific ingredients. We can not emphasize enough how life changing Dr. Lustig's books will be for your health. Many recipes include ingredients that contain high levels of healthy fats, while avoiding trans-fats and omega-6 fats. Don't worry--as many of the health experts have explained, the Low-Fat, High Carb message that has been preached since the 70's is simply bad medicine. The Importance of Fiber Fiber is the other game changer when it comes to regulating insulin levels, and most of the recipes in this book include the types of fiber that will help you lose weight, lessen the effects of diabetes, and promote overall health. We hope you love these recipes as much as we do, and experience the improved energy levels, weight loss, and overall better health that are a result of better food choices. - New Health Cookbooks

Book Information

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Customer Reviews

I recently read the book "Fat Chance" by Dr. Robert Lustig and was convinced that sugar is even more deadly than I thought. I picked up this cookbook so I could start eating according to the concepts presented in the "Fat Chance" book. So far, the recipes I have tried are really tasty. The recipe for Pizza Casserole is excellent--it uses barley along with many of the usual pizza ingredients

to create a really healthy meal that satisfies that pizza craving. The recipes cover a nice variety of breakfasts, lunches, dinners, and snacks. Highly recommended, especially if you are following Dr. Lustig's books!

I found this cookbook to have a good variety of recipes that aren't just the same old rehashed ones as some other cookbooks have. I'm trying to eat healthier and this cookbook really helps make that easier. The Smoky-Sweet Potatoes and Greek Chicken Tabbouleh recipes are awesome!

Very basic. You're probably better off just doing a few web searches for recipes.

This cookbook is slim but it packs a lot of useful recipes in it. It is easier to use than the Fat Chance Cookbook, which by the way would be a good cookbook companion with Fat, Fiber & Low Sugar Cookbook. I'm very happy with this cookbook. Now I have to learn how to cook...

Very pleased.

This is a waste of money unless you have never cooked before!

Great!

Not interesting at all

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