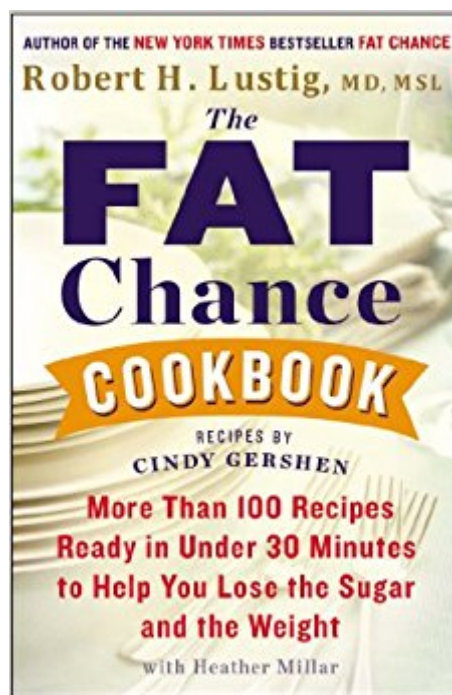




Ebook Directory
the best source of ebook

The book was found

The Fat Chance Cookbook: More Than 100 Recipes Ready In Under 30 Minutes To Help You Lose The Sugar And The Weight



Synopsis

The long-awaited cookbook companion to the instantÂ New York TimesÂ bestseller *Fat Chance*Â shows you how to beat the oddsâ "deliciouslyÂ Dr. Robert Lustigâ ™s message thatÂ a calorie is not a calorieÂ revolutionized our understanding of weight loss and nutrition. But in order to avoid the hidden sugars that threaten our health and waistlines, Dr. Lustig warns that we must transform the way we shop, cook, and eat. Teaming up with Cindy Gershenâ "a chef whoâ ™s lost more than one-hundred pounds on his planâ "Dr. Lustig shows readers how to:

- Stock a pantry
- Prepare more than 100 fast and delicious recipes
- Feed a familyâ "kids includedâ "healthy foods theyâ ™ll love
- Make entertaining easy and nutritious

More timely than ever now that newest edition of *The Dietary Guidelines for Americans* has for the first time placed hard limits on the amount of sugar we should consume, *The Fat Chance Cookbook*Â shows you how to lose weight, find your way back to health, and still enjoy delectable, memorable meals.

Book Information

Paperback: 352 pages

Publisher: Avery; Reprint edition (December 30, 2014)

Language: English

ISBN-10: 0142181641

ISBN-13: 978-0142181645

Product Dimensions: 5.3 x 0.9 x 8 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 154 customer reviews

Best Sellers Rank: #74,046 in Books (See Top 100 in Books) #66 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #114 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #249 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

• "The best book Iâ ™ve read on the relationship between diet and health." • "Andrew Weil, MD, bestselling author of *You Canâ ™t Afford to Get Sick* • Every American, politician, teacher, and business leader must read this book." • "Mark Hyman, MD, bestselling author of *The Blood Sugar Solution* • No scientist has done more in the last fifty years to alert Americans to the potential dangers of sugar." • "Gary Taubes, author of *Why We Get Fat*

Robert H. Lustig, M.D., M.S.L., is an internationally renowned pediatric endocrinologist. He lives in San Francisco.

I almost didn't buy this book because the sample pages did not let me see the names of the recipes or their ingredients. My family is into plain food-nothing exotic or hard to pronounce. I found plenty that won't scare the natives:For example:Pork Loin with Apples and OnionsQuick EnchiladasSlow Oven-Smoked BrisketItalian Style MeatballsChicken Braised with Onions and TomatoesNo guilt fish tendersOld fashioned Beef StewThere are also some new things to try:Caprese-Style Polenta and SteakQuick Chicken Tikka MasalaQuinoa Turkey CasseroleMy husband and I saw Dr. Lustig on CNN. Because of that lecture my husband gave up pop and is his normal, sane, self again instead of the volatile person he'd become. I doubled my veggies and have lost 2 pounds in a week :). I was glad to get the cookbook for more ideas-especially for making basics like barbecue sauce without sugar.Bon Appetit!

Finally, a cookbook that recognizes the value of not buying food that require a label. I heard about this on PBS and the recipes are put together by Cindy Gershen who founded Sunrise Bistro here in Walnut Creek CA where I live. I can attest to the quality of her restaurant and these recipes will keep me busy for a long time.

Great book easy to follow recipes, everything we tried so far came out great . My 12 year old daughter loves the recipes from this book and she is an extremely picky eater

Gave a good overview of the program offered in the original book, "Fat Chance". Also, has recipes useful in following the plan.

I found the ideas and recipes very good. I have lost 20 # so far.

I've known Cindy for over 40 years. Yes I'm biased; I've always loved her cooking. With these recipes I can eat all I want and not put on weight. Cindy lost 100 pounds in six months eating this food and has kept it off for over 10 years. She sells this food every day in her gourmet restaurant. Most of her customers don't know or care that they are eating healthy, they just like the food. Her high school students love the food and make it for their parents at home.The included condensed version of Dr. Lustig's bestselling book Fat Chance is a

bonus and a quick read if you don't have time for the big book. Dr. Lustig and Cindy are changing lives. Do yourself a favor, get the book and change your life, for the better.

"Fat Chance" changed my eating habits. I bought the cookbook expecting insightful help, but it did not add anything significant to what I already know or help me apply Lustig's nutritional principles in a significantly better way. After reading it, I left it on the shelf. However, it did help my brother.

I had high hopes for this book, but it didn't meet my expectations. Limited recipes and almost zero illustrations. Because of that the book has been collecting dust on the shelf since the arrival. There are so many colorful and illustrated books on similar subjects nowadays, that it seems that someone was really cutting corners when publishing this one

[Download to continue reading...](#)

The Fat Chance Cookbook: More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The Blood Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and Stay Healthy for Life Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High

Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Paleo Smoothies Recipes Jumpstart Cookbook: Over 50 Mouthwatering Recipes Ready In 10 Minutes (Or Less!) - Lose the Weight & Find Your Path Back to Health

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)