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# Prevention Fiber Up Slim Down Cookbook: A Four-Week Plan To Cut Cravings And Lose Weight

Prevention.  
**FIBER UP  
SLIM DOWN  
COOKBOOK**

A FOUR-WEEK PLAN TO CUT CRAVINGS AND LOSE WEIGHT

By the Editors of America's Leading Healthy Lifestyle Magazine



## Synopsis

While common dieting wisdom suggests that those who need to lose weight must be eating too much, the newest discoveries in weight loss science now reveal that what's not being eaten can hinder weight reduction. Fiber is turning out to be the silver bullet of dieting--because it can fill you up on fewer calories, dampen cravings for fattening foods, and dramatically improve your overall health. Consuming the right amount of dietary fiber can have profound health benefits. It can cut the risk of heart disease by 30 percent; lower cholesterol by as much as 13 points; decrease inflammation; drop blood pressure; balance blood sugar; improve memory; reduce the risk for breast, colon, and endometrial cancer; and boost the immune system. Unfortunately, ramping up fiber levels too quickly can also cause digestive distress. With an easy-to-follow, 4-week plan, *Prevention Fiber Up Slim Down Cookbook* shows how to switch over to high-fiber living without experiencing excessive gas or uncomfortable bloating. Of course, for any weight-loss plan to work, the food must be fabulous. *Prevention Fiber Up Slim Down Cookbook* is packed with more than 200 delicious, fiber-rich recipes that work with any fiber-rich diet plan including homestyle dishes like Roasted Sweet and Russet Potato Salad and Mom's Turkey Meatloaf, tasty new favorites like Curried Beef with Pineapple and Coconut, and sweet treats like Ginger-Sweet Potato Cheesecake and Pumpkin Fruitcake.

## Book Information

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## Customer Reviews

I am loosing on average of 5lbs per month so I wanted to look at a book that would help me continue to reach my goals. I have made several recipes from this book. Peanut Butter milkshake, Strawberry & Banana french toast and Broccoli soup - loved them and did not feel hungry after eating these items. I did substitute egg beaters and Splenda for some of the items and my husband and I both enjoyed. I would highly recommend book.

I have tried a few recipes so far and they have been excellent. Most of the recipes have ingredients already on hand. The only problem that I have is that the recipes are for families. Only being one causes a few problems, how to cut the measurements down. Other than that it is a great book.

As a Dietetic Technician, I heartily recommend this book. Introducing fiber into one's diet is a very good step to take. I have really enjoyed many of the recipes in this book and I've still lost weight on a sensible diet program along with exercise. Fiber up, weight down and yummy too!

I can't believe any of these positive reviews came from people who bought the Kindle version. This book may be great in paper form, but it is of little use on a Kindle. The index is not active, and doesn't even contain page numbers (not that that would help much) so it is simply a list of recipes you can't find. The table of contents lists no recipes section, just "meal plans". The first part of the book is a lot of no doubt excellent advice and information on fiber. This is followed by day-by-day meal plans, mostly simple suggestions like "raisin bread with peanut butter" or "apple slices". If there are any good recipes, I have not found them and I am tired of looking. I wanted a cookbook, not robotic "meal plans". This was not worth 1 dollar to me, much less 11. Next time I will see if I can get a cheap paperback copy of a cookbook before I spring for the Kindle version.

LOVE this book so far. I initially bought it because my girlfriend made the meatloaf, & it was better than my mom's fatty meatloaf (which is hard to beat). I'm just getting started, but I earmarked 45 recipes as my favorites to start cooking. Yesterday, made 3 different soups, each one was REally easy (you basically use a blender & a pan), and tasted so fresh & light, yet satisfying and comforting

all at the same time. Like most women, I've bought a million & one health cookbooks, and get frustrated with the crazy ingredients & combinations. This has a lot of comfort foods, sometimes with a little twist. yum yum yum - can't wait to cook the other 40-something recipes. Going to buy the book for my mom & 2 friends now :)

I'm trying to get more fiber into my diet and had no idea of fiber counts in foods. For instance, the wheat bread I was eating is dense, but relatively low in fiber. Some fruits, such as blueberries are quite high in fiber. This book has some good lower calorie recipes and gives a good understanding of fiber and fiber counts in many foods. Thank you for your really fast delivery and the Free Super Saver delivery. In these tough economic times, some sellers appear to be trying to make a profit off delivery charges and you still offer yours free with a small purchase. I appreciate it. That is why I will continue to purchase Kellogg fiber bars, hair care, beauty products, etc. from . I could get these products at my local drugstore with no problem, but I don't.

I've had this book for years and it is one of my favorites. The recipes are easy to make and are absolutely delicious. This book is excellent for anyone on weight watchers too - lots of low point recipes. I have a ton of cookbooks but always come back to this one. I highly recommend this cookbook. I wish Prevention would come out with another one!

I am really pleased with this cookbook. It tells you how to add more fiber to your diet slowly without upsetting your digestive tract. Has a plan for beginning the diet as well as continuing. The recipes are great and the cookbook itself is a beautiful book. Very pleased with it.

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Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan)  
10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days!  
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,) Cravings Buster, Stop Cravings and Lose Weight with Hypnosis & Meditation: Better Health

and Diet Help Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) 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) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Corinne T. Netzer Carbohydrate and Fiber Counter: The Most Comprehensive Collection of Carbohydrate and Fiber Data Available (Corinne T. Netzer Carbohydrate & Fiber Counter) Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Atkins diet for rapid weight loss - Lose 5 lbs in Just 1 Week: atkins diet cookbook, atkins diet for rapid weight loss, atkins diet for beginners, atkins vegetarian WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Diabetes Weight Loss: Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included

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