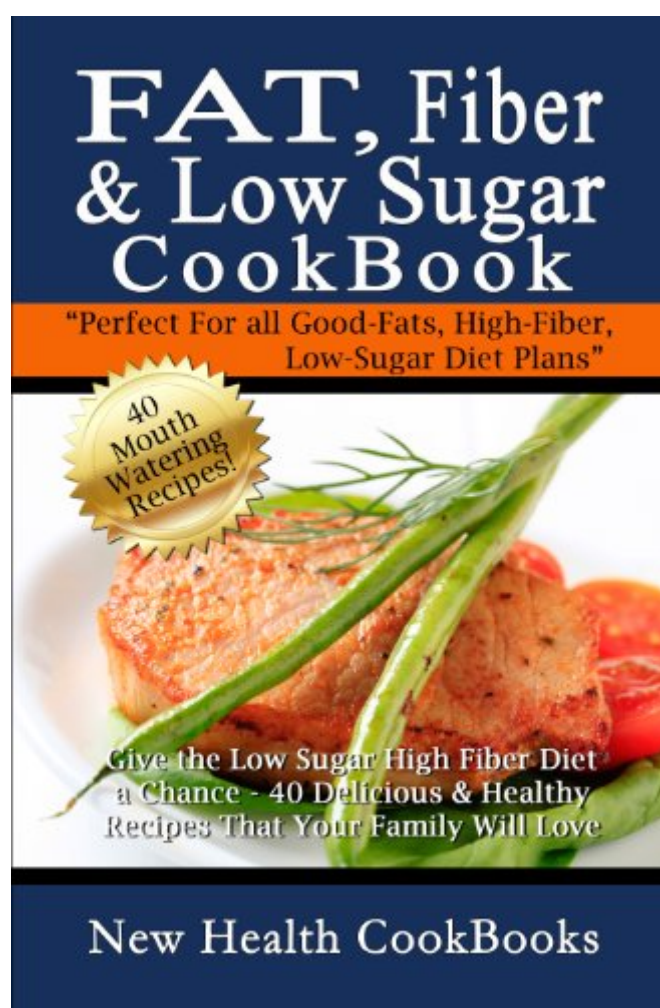


The book was found

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



## Synopsis

In this helpful cookbook, you will find 40 delicious recipes that are low-sugar and high in fiber, perfect for those following the Fat Chance program. 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. 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 have placed a link to it below for your convenience, and can not emphasize enough how life changing Dr. Lustig's books will be for your health. 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.

## Book Information

File Size: 232 KB

Print Length: 100 pages

Simultaneous Device Usage: Unlimited

Publisher: New Health Cookbooks (October 24, 2013)

Publication Date: October 24, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00G61PELW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #490,024 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #48

in Books > Health, Fitness & Dieting > Nutrition > Fiber #320 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #610 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions

## Customer Reviews

I was quite disappointed. My doctor had recommended this book as a relief from the boring recipes found in many hospital handouts and the table of contents had my mouth watering. The first recipe is for a breakfast that serves 12. It goes on, always in even numbers, to serve up to 20, 24 and some unspecified numbers. The majority seem to serve 6, with 4 running a close second. The sole exception is a recipe for "Incredibly Fast Egg Bowls" which serves 1 person running late in the morning. A bit boring, not to mention unbalanced, for 3 meals a day, seven days a week. Neither of the single cook's stand-bys -- dividing the quantities by the listed number of servings or making it as is and freezing the excess in single portions -- seemed feasible. The ingredients simply don't come in the minute quantities needed for the first and most of them use fresh fruits and vegetables, which would not survive the freezing and thawing. I wish those who regularly serve a dozen or so at their breakfast tables and those who cook for families of 4 or 6 bon appetit. I only wish I could invite myself to taste one of the servings.

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!

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

There were several recipes I am interested in trying. I get frustrated however, when an author calls

a dish vegetarian but adds chicken stock. It's like saying it's Kosher but calls for bacon grease.

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

Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) 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,) Ketogenic Diet: The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength (low carbohydrate, high protein, ... low carbohydrate foods... Ketogenic Diet) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb

lunches, low carb dinners,) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Type 2 Diabetes: Take Control Of Your Blood Sugar Level Naturally With 39 High Fiber, Healthy Carb Diabetes Recipes-Maintain Healthy Blood Sugar And Reverse ... Cookbook, Diabetes Diet Plan Book 6)

[Dmca](#)