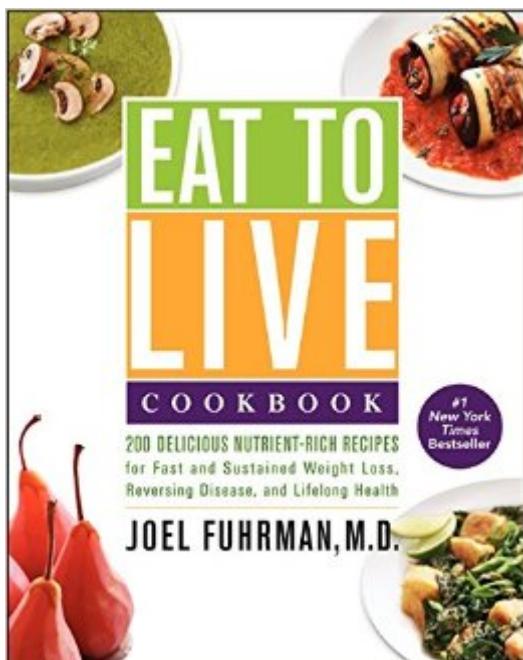


The book was found

Eat To Live Cookbook: 200 Delicious Nutrient-Rich Recipes For Fast And Sustained Weight Loss, Reversing Disease, And Lifelong Health



Synopsis

Do you want to eat delicious food that allows you to lose weight and keep it off permanently without hunger or deprivation? Do you want to throw away your medications and recover from chronic illnesses such as heart disease, high blood pressure, and diabetes? Do you want to maintain your good health, live longer, and enjoy life to the fullest? If you said yes to any of these, then the Eat to Live Cookbook is for you. Through his #1 New York Times bestselling book Eat to Live, Joel Fuhrman, M.D., has helped millions of readers worldwide discover the most effective, healthy, and proven path to permanent weight loss. Now the Eat to Live Cookbook makes this revolutionary approach easier than ever before. Filled with nutritious, delicious, and easy-to-prepare recipes for every occasion, the Eat to Live Cookbook shows you how to follow Dr. Fuhrman's life-changing program as you eat your way to incredible health.

Book Information

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Customer Reviews

I think this is a great place to start if you want to test the waters a bit and see what eating nutritarian is all about. The first 30 pages have everything you need to get started. It won't require the all out chaos in the family meal plan - occurring when the family is forced to eat what you are eating; rather, you can fix any one of these fantastic recipes as a side dish and skip the main course. They will like it too. If you aren't familiar with what Dr. Fuhrman teaches, there is enough instruction in the book to get a good overview. I didn't begin to eat greens regularly until 3 years ago when I started following the Eat to Live plan. Now, they are a normal part of my diet and I don't think twice about it - I wish I had THIS cookbook in 2009! There are a couple of points that should be

emphasized. First, he clearly explains that it's better to add vegetables and fruits to your diet than to be overly focused about organic/GMO/etc... Not that these are unimportant, but if cost or availability is a concern, eating regular versions of these vegetables is far better than skipping. He points out that most science studies cited for health benefits used conventional varieties of vegetables and fruits. There is an excellent guide on which produce is most likely to have pesticides and it can help you focus limited budgets where it will be most healthful. All the recipes for diabetes and metabolic disorder are clearly marked. Next, he and the 6 guest chefs created guides on how to select the best vegetables, etc... These are throughout the book, so if you don't know what to look for or how to make the perfect selection, there's help doing it along with many other tips and tricks.

The Eat To Live Cookbook is based upon other books by Dr. Fuhrman and focuses on his work with individuals who want to be healthier (weight loss or disease control). It is a companion to his other book Eat To Live. In the preface, he lays out the foundation for the recipes: foods to eat every day, foods to avoid, quantities to take and how to prepare or cook those foods. A lot of the emphasis is on green leafy vegetables and beans - and so the recipes do contain a lot of those ingredients. His suggestion is to avoid foods like breads, animal-derived products such as meats and dairy, and of course sugary foods and soda. Most of the recipes have a base of what he calls G-Bombs - Greens, Beans, Onions, Mushrooms, Berries, Seeds. He also rates foods based upon their nutritional value per calorie. Finally, he gives recommendations on food shopping, preparation, herbs, organic product, etc. The recipes are of a great variety and interest but quite a few have already been published by Fuhrman. Worrisome for me is that I don't live in a major metropolitan center where a lot of exotic or less common fruits/vegetables/greens are available. I've been unable to find several ingredients: some ingredients are only available here in season. Fortunately there aren't too many exotic ingredients - the recipes stick to the staples outlined in Furhman's good food index. One big issue for me, and definitely a minus, is that several of the recipes call for premade items sold on Furhman's website. I don't understand why a recipe would include a premade ingredient that could only be bought from the author - especially one as important as the flavoring.

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