The New McDougall Cookbook

By John A. McDougall & Mary McDougall

Genre: Special Diet

Release Date: 1993-07-01

The New McDougall Cookbook by John A. McDougall & Mary McDougall is Special Diet The perfect gift for the health-conscious chef from the bestselling authors of The Starch Solution and The Healthiest Diet on the Planet. Food is our most powerful medicine. And with this revolutionary program, the fat-free way to healthier eating has never been easier—or more delicious. Thanks to John and Mary McDougall, countless health-conscious Americans have learned that our standard meat-heavy diet is hazardous to our health—and that the low-fat solution doesn't have to be low on taste. This collection of three hundred vegan, high-carbohydrate, virtually fat-free recipes offers a well-balanced, mouthwatering mix of fresh fruits, vegetables, legumes, and grains to help you lose weight, reverse illness, and do right by the environment. Inspired by dishes from around the world, the recipes use familiar ingredients and rely on simple and consistent preparation methods. You will also find: · An explanation of the groundbreaking McDougall Program and its nutritionally based approach to health, · Easy-to-prepare recipes for nondairy drinks, dressings, and sauces that aren't based on oil, · Ten simple steps to make a lighter version of your favorite recipes, · An updated “McDougall-Okayed Packaged and Canned Products” list to help you shop with confidence.

More Recommended Books

**Hoher Blutzucker - übergewichtig und mangelernährt**

By: Dr. Mark Hyman


**The Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health**

By: Rockridge University Press
Lose weight and drink up your daily dose of vitamins, nutrients, and antioxidants with The Smoothie Recipe Book. Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a tasty way to boost your health. With over 150 mouth-watering recipes, The Smoothie Recipe Book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins that suit your needs and taste how sweet being healthy can be. The Smoothie Recipe Book contains: 150 Recipes for making fresh, delicious fruit and vegetable smoothies—from breakfast smoothies to green smoothies and superfood smoothies Chapter Overviews for choosing the right smoothies for your dietary needs and health goals Helpful Facts for understanding the nutritional advantages of specific fruits and vegetables The Smoothie Recipe Book includes: Breakfast Smoothies, Brain Nourishing Smoothies, Alkalizing Smoothies, Anti-Aging Smoothies, Antioxidant Smoothies, Cleansing Smoothies, Diabetic Smoothies, Digestive Health Smoothies, High-Energy Smoothies, Green Smoothies, Healthful Skin Smoothies, Kid-Friendly Smoothies, Low-Fat Smoothies, Protein Smoothies, Weight-Loss Smoothies, and much more! "...everyone can learn something from this book. And what a fun way to nourish your body and stay healthy!" —Reader, Amazon Verified Purchase

The FODMAP Friendly Kitchen Cookbook

By: Emma Hatcher

Chosen by the Telegraph and the Evening Standard as one of the best healthy eating books of 2017 FODMAPs are a collection of molecules found in foods, that can cause issues for some people. A low-FODMAP lifestyle is the only diet recommended by the NHS to treat IBS and its associated symptoms. Emma Hatcher, creator of the blog She Can't Eat What?!, brings you 100 beautiful, healthy and delicious low FODMAP recipes. Emma Hatcher has suffered from a sensitive gut for as long as she can remember. After years of horrible symptoms and endless frustration trying different diets and cutting out various foods, her GP recommended the Low FODMAP Diet. FODMAP changed Emma's life and she has never looked back since. Emma's book, based on her hugely popular food and lifestyle blog She Can't Eat What?! will take the frustration out of living with IBS, Crohn's disease, coeliac's disease, food intolerances and many other digestive disorders. It is for anyone who suffers from bloating, tummy pains, digestive issues or feelings of heaviness and discomfort, and for anyone who wants to feel healthy and happy after eating. Backed by the official FODMAP Friendly team and with more than 100 quick, easy and modern recipes, diet information and personal stories for those that have run out of answers and feel 'they can't eat anything', Emma shows you how to create delicious meals and look after your gut in today's stress-filled, modern lifestyle.

Love that! Brenda Novak’s Every Occasion Cookbook with Jan Coad (Proceeds to Benefit Diabetes Research)

By: Brenda Novak & Jan Coad

New York Times & USA Today Bestselling Author Brenda Novak has written more than fifty novels. She is also a mother of five, and there is nothing that turns a woman into a fighter more quickly than a threat to one of her children. When her youngest son was in kindergarten, he was diagnosed with Type 1 diabetes. She's spent the years since trying to juggle her career with the demands of providing healthy meals for her large and boisterous family, managing her son's diabetes care and raising money for research. To date, she's raised $2.5 million and is continuing her efforts with the sale of this cookbook, which includes her own personal recipes (all her healthy favorites) along with recipes collected from friend and co-author Jan Coad. For more about Brenda's fundraising efforts, please visit www.brendanovakforthecure.org, where you will learn her latest fundraising endeavor--a limited-edition digital boxed set titled ALL I WANT FOR CHRISTMAS that includes fourteen Christmas novellas from some of today's most popular authors (she's put her own Rita-nominated "A Dundee Christmas" in it). All proceeds for 2016 will go to Boston University to help Dr. Ed Damiano
(who also has a son with Type 1) finish engineering the artificial pancreas, which is an important step toward keeping diabetics healthy until that elusive biological cure can be found. Download ALL I WANT FOR CHRISTMAS today for only $9.99 (less then $1/story), and help Brenda make a difference!

**Receitas Dukan**

By: Pierre Dukan

A dieta criada pelo Dr. Pierre Dukan já conquistou mais de 25 milhões de adeptos, que, seguindo as quatro fases propostas pelo médico, conseguiram perder peso de forma saudável e duradoura. Receitas Dukan traz trezentas receitas que tornarão todas as fases do Método Dukan muito mais fáceis e saborosas.

**Eat. Nourish. Glow - Spring**

By: Amelia Freer

The first of four seasonal e-shorts from London-based nutritional therapist Amelia Freer. Forget fad diets, now is the time to make a lasting change and develop a healthy, clean and sustainable relationship with food. Being healthy is a way of life, but it doesn’t have to be about denying yourself. Amelia Freer loves food and encourages a positive and realistic approach to healthy eating. In this book, providing an introduction to her food philosophies for the first time, she offers simple changes to your diet and lifestyle to help you look and feel amazing. Targeting seasonal problems and using seasonal ingredients, Amelia is on a mission – to wean us all off eating ready-made, additive-crammed foods and help us rediscover the joys of cooking and eating fresh, healthy ingredients. Whether you need help with weight management, improving energy levels, signs of ageing, stress or mental wellbeing, Amelia believes it can be bettered by the right intake of food. With six exclusive, tasty and delicious recipes, perfect for the beginning of the year and invaluable, practical advice on nutrition, this title is focused on kickstarting a healthy and sustainable lifestyle.

**Ketogenic Fat Bomb Recipes: A Ketogenic Cookbook with 20 Paleo Ketogenic Recipes For Fast Weight Loss**

By: Nom Foodie

Snacks, desserts, keto fuel? This ketogenic cookbook has you covered! Fat bombs are delicious high fat, low carb, ketogenic snacks designed to keep you fueled throughout the day. In this keto cookbook, I've got 20 delicious paleo ketogenic fat bomb recipes that you'll love. From Blueberry Nut Bars to Bacon Avocado Balls and Cinnamon Walnut Cashew Cheese Sandwiches. I’m sure you’ll find a recipe to satisfy your keto diet. I’ll also teach you in 3 simple steps how to create your own fat bomb recipes so you can always have fat bombs ready for nom nom eating.

**Koken voor een**

By: Watchers Weight
Ook koken voor één kan gevarieerd en lekker zijn. Hoe tover je voor één persoon een gezonde en lekkere maaltijd op tafel? Die vraag krijgen we bij Weight Watchers wel vaker. Van studenten die op kamers gaan, maar ook van singles of van mensen die regelmatig voor zichzelf koken omdat de kinderen of de partner niet thuis eten. Voor iedereen die af en toe voor één persoon kookt, schreven we dit kookboek. Bij elk recept staan de ingrediënten voor één persoon vermeld, samen met het aantal ProPoints® waarden. Het gaat zowel om gezonde ontbijtjes als lichte lunches en heerlijke diners - mét een nagerechtje toe. Daarnaast vind je heel veel tips om het winkelen en koken voor één persoon te vergemakkelijken.

**Puesta a punto**

By: **Pablo de la Iglesia**

Poner a punto nuestro cuerpo requiere más que una dieta estricta para vernos mejor. No se trata sólo de lucir más apuestos, si no de sentirnos más saludables. Para ello, además de llevar una alimentación sana y equilibrada, es indispensable re-evolucionar nuestros hábitos en busca de una recarga energética y una mejor hidratación. Frutas, verduras y semillas estarán en la base de todas las recetas. Buenos aceites. Tener constancia y estar atentos a los pasos en falso. ¿Carnes, lácteos y azúcar? Mmm. ¿Edulcorantes artificiales? Procura evitarlos como la peste. ¿Refinados y procesados? Mejor olvidarse. Patricia Robiano y Pablo de la Iglesia te ofrecen en este libro un plan de cuatro semanas con alimentos ricos y nutritivos que funciona, a la vez, como un programa integral de desintoxicación. Un cambio vital de actitud con enfoque positivo que te preparará mentalmente y te hará fluir hacia un cuerpo más vital y saludable.

**Diga não ao desperdício & Panc's**

By: **Codeagro**

Segundo a Organização das Nações Unidas para Alimentação e Agricultura (FAO), um terço dos alimentos produzidos no mundo é desperdiçado anualmente. O desperdício de frutas e hortaliças consumidas no Brasil chega a ser de 20 a 30%, desde a colheita até a mesa do consumidor. O aproveitamento integral dos alimentos, por sua vez, possibilita a redução do desperdício e dos gastos com alimentação. Torna possível uma maior variação e melhor qualidade nutricional do cardápio, sendo importante, dessa forma, para a promoção da saúde. Além disso, a inclusão de plantas não convencionais oferece uma ótima alternativa para agregar valor nutricional às preparações. Nesse contexto, essa publicação oferece alternativas práticas e saudáveis para o aproveitamento integral de alimentos e de plantas não-convencionais, de forma a contribuir para uma alimentação variada, saborosa e balanceada.
Read “The New McDougall Cookbook 300 Delicious Low-Fat, Plant-Based Recipes” by John A. McDougall available from Rakuten Kobo. **The perfect gift for the health-conscious chef from the bestselling authors of The Starch Solution and The Healthiest...**

Thanks to John and Mary McDougall, countless health-conscious Americans have learned that our standard meat-heavy diet is hazardous to our health—and that the low-fat solution doesn't have to be low on taste. This collection of three hundred vegan, high-carbohydrate, virtually fat-free recipes offers a well-balanced, mouthwatering mix of fresh fruits, vegetables, legumes, and grains to help you lose weight, reverse illness, and do right by the environment.