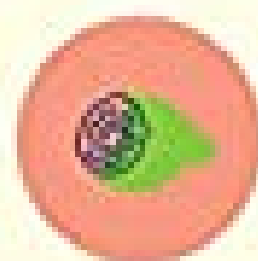


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THE NEW McDOUGALL COOKBOOK



300 Delicious Low-Fat,
Plant-Based Recipes

Bestselling author of *The Starch Solution*

John A. McDougall, M.D.,
and Mary McDougall

John A. McDougall

The New McDougall Cookbook: 300 Delicious Low-Fat, Plant-Based Recipes



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The perfect gift for the health-conscious chef from the bestselling authors of *It's Not the Fat, It's the Oil* and *Easy-to-prepare recipes for nondairy drinks, dressings, and sauces that aren't based on oil*. Meals is our most effective medicine. This assortment of three hundred vegan, high-carbohydrate, virtually fat-free recipes gives a well-balanced, mouthwatering mixture of fruits, vegetables, legumes, and grains to assist you lose excess weight, reverse disease, and do right by the environment. or more delicious. Thanks to John and Mary McDougall, countless health-conscious Americans have learned that our standard meat-heavy diet is hazardous to your wellness—and that the low-fat solution doesn't have to end up being low on taste. And with this groundbreaking program, the fat-free way to healthier eating has never been much easier— Inspired by dishes from around the world, the recipes use familiar ingredients and rely on simple and constant preparation methods. An updated "A conclusion of the groundbreaking McDougall Plan and its nutritionally based approach to wellness, McDougall-Okayed Packaged and Canned Products" ·The Healthiest Diet on earth. The Starch Solution Ten easy steps to produce a lighter edition of your preferred recipes, · You will also discover: · list to assist you shop confidently.



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The best of the best I have already been following and purchasing the Mc Dougall books because the 80's! In the event that you had to buy just one single, for recipes, this might be the one I will suggest innovative whether you're strictly vegan or looking to lose weight Great addition to your cookbook collection. her husband are carrying it out to & Carbs are not the enemy as long as they're the right kind. Carbs that come from the surface will be the healthiest kind. In His books you will see probably one of the most important truths Diet. No dairy products, no cheese, no eggs. This is my favorite cookbook! AN EXCELLENT Vegetarian and Vegan Cookbook For Inexperienced Cooks The McDougall diet is essentially a vegan diet plan that places an focus on grains and pastas, wheat, oats, and rice, supplemented with vegetables and fruit. This is the best cookbook! I've lost 20lbs in thirty days!.. McDougall has verified that way of existence is successful for weight reduction and enhances general well-being. I really like all McDougall's quality recipes because they are easy and use "normal" ingredients. I originally bought it at a utilized book store, but since have ordered many more for my friends. All of the recipes are so good, I under no circumstances feel deprived. This is a great one for people who are new to vegetarian cooking and who have limited cooking experience. I've been cooking this way for 6 years and lost weight, but no longer worry about gaining it back. I am so thankful for John McDougall! Many of her recipes turn out to be very tasty, because she likes to pep them up with onions, garlic, peppers and a whole load of spices. Great Cookbook This is an excellent book, the recipes are simple yet very tasty. Plantbased is the way to go! If you're not thinking about losing weight but consume strictly vegan, this is the cookbook for you personally. No meats. No poultry. No fish. Dr. Dr McDougalls books describe how you can be as responsible as easy for your own health.I love their dishes & PS: His website has therefore many inspirational success stories that are also therefore inspiring. Five Stars Great recipes I think it is a great book However, some of the recipes are simply not really realistic for my limited diet for autoimmune. The reality about a vegan diet are in and there are no versions only the truth. A remedy is to cook huge quantities of those foods on Saturday, place them in five or six small containers, and then refrigerate or freeze them. The knowledge is very powerful!There are many good vegetarian and vegan cookbooks. I eat until I'm full. Although some of the recipes require time and effort, most are relatively easy and even an inexperienced cook can create tasty outcomes. Do your health a huge favor Seldom in life does a person find true simple answers to apparently complex problems. Potatoes, corn, this book outlines the healthiest plant-based eating plan you could imagine. No salt, no sugar. Try it for a month.Some dishes, especially those that focus on dried beans, require a great deal of cooking time. If you want to become in the very best health feasible Dr McDougall will let you know how to do yourself a favour. I really enjoy the recipes in the book. Forget everything you were trained in college. It works! 100% AWESOME BOOK I bought this book after seeing a film called"fork over knives".And then buying the reserve with the same name.My sister &So, Mary McDougall took about the challenge of fabricating tasting quality recipes from a restricted number of ingredients. didnt ever think I'd follow this but I love the way I feel & I really like all McDougall's recipes because they . Also bought "The engine 2 diet plan". All 3 books are like our bible. They are in regards to a VEGAN life-style. It's a revolutionary way of thinking. feel good & Too many nightshades and potatoes.Worth every penny! This is another great cookbook by the McDougalls This is another great cookbook by the McDougalls. I purchased it used, but it's completely timeless, when you are cooking with entire foods. It's an excellent way to obtain oil free recipes, that avoid odd or hard to find substances. Would recommend it to all. His wives recipes will show you how to eat healthful without spending all day long doing it. I would recommend this for someone who it searching for healthier options. To begin with with these

quality recipes, it is extremely helpful to fill up on the ten or fifteen spices she uses most. slimming down! Five Stars i'm all in on dr. mcdougall's teachings. i've measured health improvements Five Stars Great reserve it changed my entire life! When you get back from work, simply pop a container in to the microwave when you make a tossed salad. I would say that book is a great collection of the very best recipes. Five Stars excellent Five Stars Good recipes, easy to follow



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