

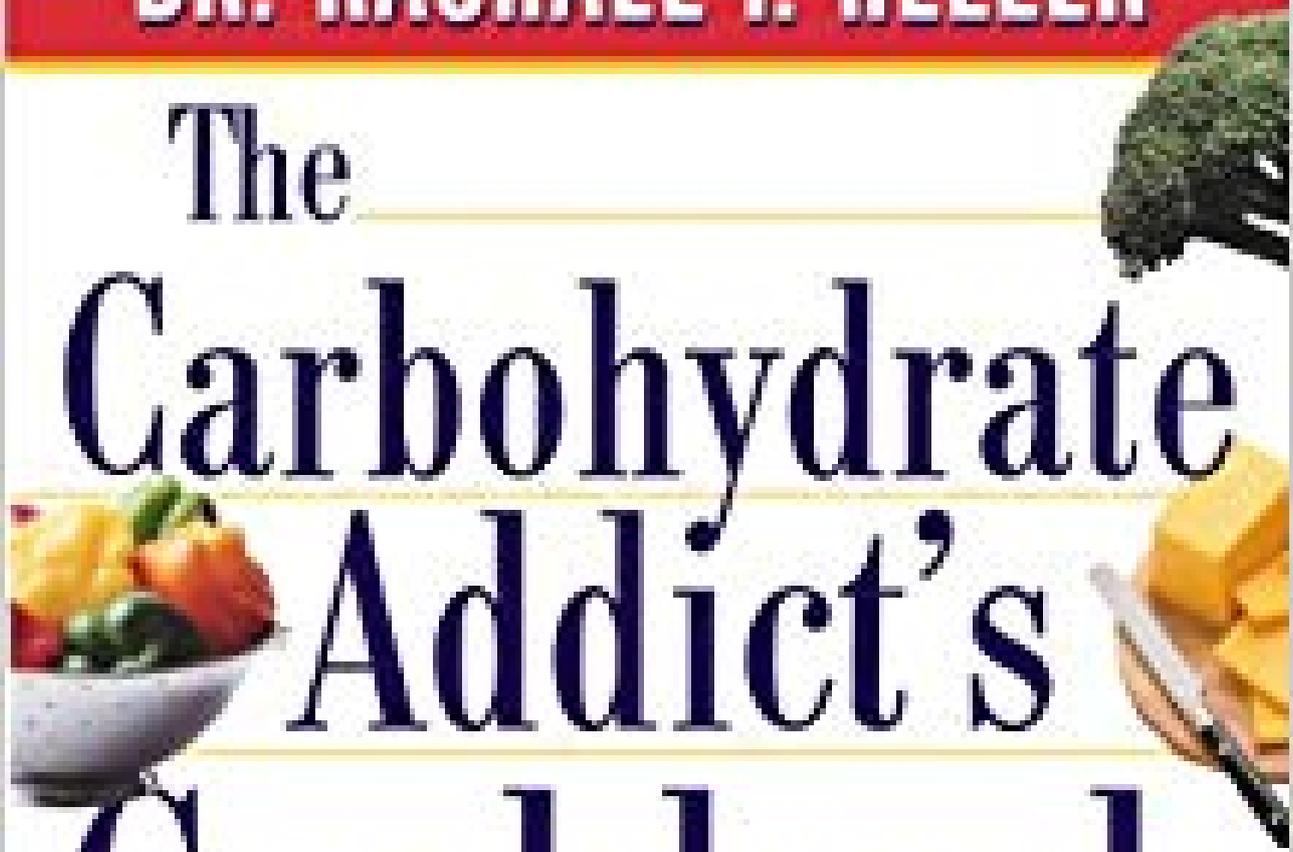


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**DR. RICHARD F. HELLER AND  
DR. RACHAEL F. HELLER**

The  
**Carbohydrate  
Addict's  
Cookbook**



**250 ALL-NEW LOW-CARB RECIPES  
THAT WILL CUT YOUR CRAVINGS  
AND KEEP YOU SLIM FOR LIFE**

Richard F. Heller

The Carbohydrate Addict's Cookbook: 250 All-New Low-Carb Recipes  
That Will Cut Your Cravings and Keep You Slim for Life



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From Atkins to Sugar Busters, from The Zone to Proteins Power&#151;and for all dieters on the Carbohydrate Addict&#146;every recipe can be incorporated into your carbohydrate-conscious diet program!s applications&#151;Lose pounds and trim your cravings with the first cookbook from the world&#146; Richard and Rachael Heller, the #1 NY Situations bestselling authors and pioneers in carbohydrate-clever dieting, it is now less difficult than ever before to shed those extra pounds completely. With 250 all-brand-new mouthwatering low-carb quality recipes from Drs.s #1 authorities on carbohydrate addiction and pounds loss. Unlike many low-carb and low-excess fat cookbooks, which skimp on taste, The Carbohydrate Addict&#146;ll find that this is the one low-carb cookbook you will depend on every day time. With a special section on "MAGIC PILL Dishes and Snacks," you&#146;s Cookbook seizes on the dynamic tastes of a rich crop of foods, from tasty appetizers and hearty soups to succulent seafood and sinfully delicious salads, from vegetarian alternatives to traditional, down-house beef and poultry meals and easy-to-make breakfasts.



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great health book about effects of sugar! I very much recommend this book if you feel you may be one of the many people that sugar affects adversely. I knew from a previous diet plan that sugar will make me exhausted, even more moody, and crave overeating. Better, I see it as a book about health, and choosing, still delicious foods, that in the end, will provide about health and weight reduction! Those who follow the Hellers' plans usually do not count calorie consumption, body fat, carbs, or weigh and measure food--so you don't have for all this type of information (as various other reviews suggested). Because of some things happening right now in my life, I have not totally worked this out, and have not really seen a big fat loss. This cookbook has lots of dishes that look good and the instructions are simple to follow." I am overweight but what we think about as "diets", have not really helped one bit." (Primarily, because they aren't diet foods--they are healthful choice foods that control my hunger and cravings, while permitting my body release a stored fat). For myself, the incorrect carbs held that craving going. Among these days. This book, nevertheless, was excellent in explaining why that is, and I came across myself constantly saying to myself.. But I've used the basic idea to eat more healthy than I have with fewer cravings.. Thanks a lot Drs. I have already been on so many diets in my own life--and all they ever did was leave me fatter, crankier, and hating to cook, due to all of the weighing, measuring, and special foods I had to fix for me (that nobody else would eat). I am following the Hellers' Carbohydrate Addicts Lifespan Program, with wonderful results on all fronts--excess weight down, cholesterol and triglycerides down, energy up, creativeness up, and disposition soaring (good-bye, Prozac! I like how they have a particular section as to how exactly to modify the system to incorporate medical Agency recommendations. This cookbook makes cooking food FUN again. Heller! The even more I dieted, the more I craved. This book will not do that. I especially just like the unusual methods spices are used--allspice in chicken, jalapenos in green coffee beans, for example.. We balance our meals visually, and will enjoy traditional carbs (once again, in balance) throughout a one-hour "Reward" food each day. I want to get back to this! Great! It is precisely what I do to stabilize my insulin amounts. And it's really nice to no more hate that daily chore--cooking. Finally, I love to cook again! My hubby and children eat these quality recipes and don't even think about them as "Mom's diet plan meals. I'm so grateful. Ideal for Diabetics too I have had this recipe for years and got it originally to lose weight. But now, as a diabetic, it has found a new place in my kitchen since it has wonderful low carbohydrate meals you can create for the diabetic in your family. The recipes are simple and fast generally and you could create a whole meal menu out of this and be confident that your carbs will become very low. I make use of it in conjunction with many of my other diabetic cookbooks. zzzzzzzzzzzz What is it about a cookbook that really helps it be leap off the shelf and into your kitchen? I don't even think about the way I consume as dieting anymore... This cooking book is a good addition to transform my eating to a means that . Once you realize you can eat whatever you want at the main one meal a time, it's quite simple on the panic experience of dieting. I ate this way for 10 years and stayed a size 4! Great! This is a classic way of life, and for once, I am enjoying my life while losing weight. There is a good bit of whimsy in it, and the author makes you feel safe with the meal choices immediately. Some cookbooks have a gift for making you want to try everything. Every night has become an adventure. At least not really for me. I must say I can't truthfully say I method or the other .. Either way, I don't think it is useful -- if the recipes are good or not. I guess I'll consider it again. I have seen most of the dishes on-line.. I really do not understand this as an instant fix diet book.. Probably it's the insufficient pictures, or the haphazard design.. It was so very important to me to understand about my carb-addiction. This cooking book is a superb addition to transform my consuming to a means that lets me end

up being happy and much freer from my addiction. Great ideas for meals but no nutrition information on recipes I like the Carbohydrate Addict's diet plan and wanted even more ideas for meals."That is me personally!--but I was getting sick and tired of fixing the same old "basic" proteins, salads, and vegetables for me personally and my children. I only gave it 3 stars because the recipes are aren't a lot useful if you ask me without the dietary data for every recipe. I'll probably try some dishes that look great and place them in my own recipe software to obtain the nutrition.I came across myself skimming through the book, rather than really noticing anything that gave me an "We gotta try that one" response. I ate in this manner for a decade and .. I must say i can't truthfully say one method or the other.. For many of us, it does work!... nevertheless, I am sure I will use many of the recipes in the future.. I purchased the book for future references mostly..



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