

DON COLBERT, M.D.

LET FOOD BE
YOUR MEDICINE
COOKBOOK

HOW TO
HELP PREVENT
OR REVERSE
DISEASE!



Don Colbert MD

Let Food Be Your Medicine Cookbook: How to Prevent or Reverse Disease!



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understanding how food alone can produce mental clarity, well balanced pounds, and longevity. Dr. Just imagine— Colbert introduces an antiinflammatory type of the modified Mediterranean diet that resolves a broad spectrum of diseases, including diabetes, heart disease, dementia, tumor, and osteoarthritis. Many of us think that God isn't concerned with what we eat, but the Bible actually gives great insight and instruction approximately the effects of meals on our bodies.



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. Great recipes rather than difficult to find ingredients Great recipes rather than difficult to find ingredients.. Five Stars Great to understand what the body needs. This book is structured by week - . ½ cup of vegetable soup. Lunch day 1: grilled mackerel, 1 cup split pea soup (15 ingredients), oven roasted eggplant, huge salad. This cookbook is poorly organized and the recipes need a lot of unnecessary prep. This publication is structured by week - with a meal plan and quality recipes provided for each week. It sounds good but executing this is difficult. In addition, it doesn't consist of an ingredient index. I also found Dr. The plan will call for a soup that you merely eat from once. Time 4 needs ½ glass of barley soup. The menu may be the same for a 250 pound person or a 150 pound person, with no listed calories to assist you sort it all out! The diet works better for the average person if there were fewer "fancy meals" on the plan to be made every week. I bought this in tandem with Dr. The quality recipes are yummy and an easy task to make. I came across them confusing, one says remove beans, bananas, nice potatoes, etc from your diet which cookbook is packed with foods including these elements. For example, in case you have chicken and are looking for a recipe, the index is sorted by week and you also have to go through every week to get chicken recipes. have access to small quantities of lots of ingredients, some that are not sold in regular grocery stores. Breakfast day 3 is: eggs & plenty of leisure time, & This outcomes in over-buying or multiple last minute grocery trips. Day 3 needs ½ cup of black bean soup. The meal plan is unrealistic & Colbert's Keto Zone Diet plan to be read just like a sales pitch and it made me feel oddly gullible despite the fact that I agree with and discover the Keto diet plan compelling. For ordinary people, don't try it. The book fails as a meal plan: 1. There are no simple meals. Breakfast day 2 is slow cooked oats - 10 elements And also a smoothie with 6 substances! Good notion, terrible implementation! hash brown - 6 ingredients.. Dinner day 1: grilled turkey tenderloin (7 substances), roasted zucchini, steamed green coffee beans, large salad. Snack - ½ glass vegetable soup - 18 substances! A lot of people make soup as the primary dish with a aspect salad or sandwich.. Colbert uses soups as sides with several other foods that require to be ready for meals. 2. The soup quality recipes make 8 -12 cups but you only need ½ glass for women or 1 cup for guys FOR THE ENTIRE WEEK! On day 1 you need 1 glass of split pea soup & It might work if you are an experienced cook with no day job & You get the ingredients, make a medium size pot of soup and then it is not mentioned in the diet plan for the rest of the week.. used 1/24th of every recipe! There is absolutely no mention of how to proceed with all the current extra soup. The same goes for nuts. Week one demands: 1 handful + 3 TBLS of pecans, 2 handfuls of walnuts, 1 couple of peanuts, 1 TBLS of sunflower seeds, 2 handfuls of almonds, 2 handfuls of cashews! I'm very impressed with the reserve and glad I've it I haven't tried the dishes yet but We'm going to. Arrived right on period. 3. The # of servings for recipes doesn't coincide with the meal strategy. The vegetable soup produced 12 cups: 24 servings for women, 12 for men. However the recipe lists the amount of servings as 6. 4. You can find meals in the program with no recipes and dishes in the recipe section that aren't outlined on the meal program. 5. The buying lists are vague & This book is a superb companion to the Keto Area Diet. The quantity of some products are listed "7 day time supply" with no clue as to how much you really need. extremely difficult to follow. Four Stars My wife likes this book We are loving the information and functioning toward a more . This book fails as a cookbook since there is no index that sorts the recipes in a logical way for a general cookbook. There is no alphabetical listing or listing by category like in most cookbooks. The recipes do help heal and maintain your body. I'm a devoted cook and I found the concept great, the grocery list and every week plan great concepts but much too complicated to maintain. I am returning this book! This book is great. The quality recipes are yummy and an easy task to make This book is great. Colbert's Keto

Zone Diet plan. inconsistent with the meal plan, and consequently ineffective.. I also sub in meats for others in the family that want it. Open hand bags of nuts turn into high calorie, mindless snacking food under the guise of being "healthy"! I'm extremely impressed with the book and glad I've it. I'd recommend it to anyone who wants a healthy method of eating. Three Stars Like some recipes. Reserve does not totally talk with my expectations; predicated on Authors advertisement is definitely overrated. Not what I necessary for low carb eating. I didn't look after this book. Health guidance Great info to turn your health around I actually was disappointed that the reserve wasn't set up in categories such . poorly organized and the dishes require a lot of unnecessary prep. Good brand. Great publication. This book fails in case you are watching your caloric intake since there is NO NUTRITIONAL INFORMATION listed for just about any recipe! Good advice for your diet. Some products are still left off the shopping list altogether! Dr. In 4 days I made 4 soups & We are loving the information and functioning toward a far more healthy life style. Thanks so very much. There is no mention when all of these nuts will be required again. I'm sure the dishes are good but the # of carbs isn't incorporated with each recipe... I was disappointed that the publication wasn't setup in groups such as for example breakfast, lunch, dinner, snacks, etc. Instead it really is set up as a daily offering of what things to cook and make. Food for life Great Book



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