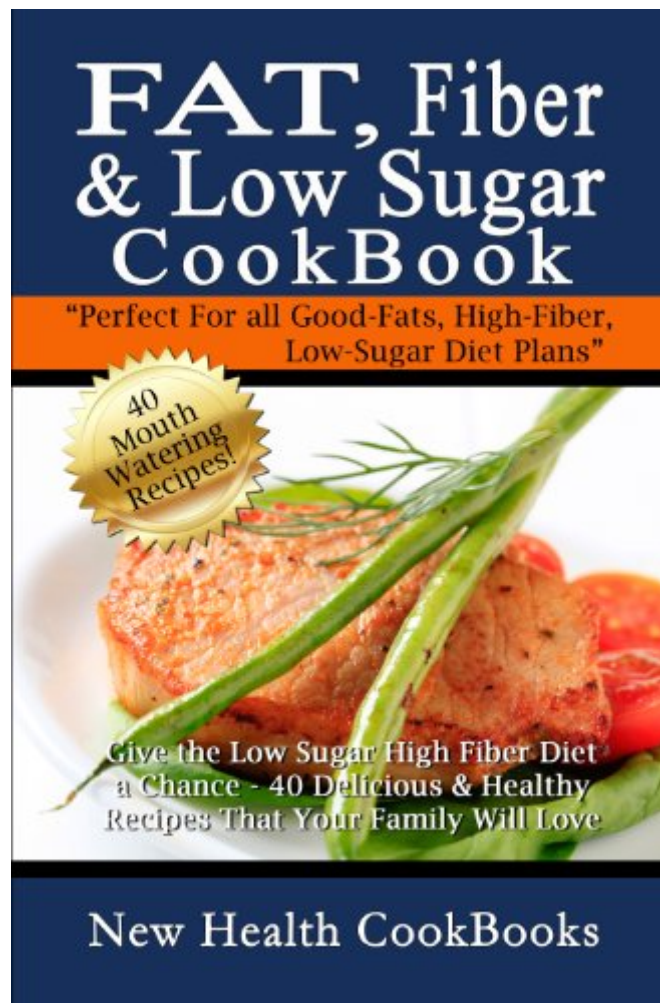


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# **Fat, Fiber & Low Sugar Cookbook: Give The Low Sugar High Fiber Diet A Chance - 40 Delicious & Healthy Recipes That Your Family Will Love**



## Synopsis

In this helpful cookbook, you will find 40 delicious recipes that are low-sugar and high in fiber, perfect for those following the Fat Chance program. Many recipes include ingredients that contain high levels of healthy fats, while avoiding trans-fats and omega-6 fats. Don't worry--as many of the health experts have explained, the Low-Fat, High Carb message that has been preached since the 70's is simply bad medicine. If you have not yet read the book Fat Chance or Fat Chance Cookbook by Robert H. Lustig, we highly recommend that you read both so that you will understand why we have carefully designed these recipes with very specific ingredients. We have placed a link to it below for your convenience, and can not emphasize enough how life changing Dr. Lustig's books will be for your health. Fiber is the other game changer when it comes to regulating insulin levels, and most of the recipes in this book include the types of fiber that will help you lose weight, lessen the effects of diabetes, and promote overall health. We hope you love these recipes as much as we do, and experience the improved energy levels, weight loss, and overall better health that are a result of better food choices.

## Book Information

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## Customer Reviews

I was quite disappointed. My doctor had recommended this book as a relief from the boring recipes found in many hospital handouts and the table of contents had my mouth watering. The first recipe is for a breakfast that serves 12. It goes on, always in even numbers, to serve up to 20, 24 and some unspecified numbers. The majority seem to serve 6, with 4 running a close second. The sole exception is a recipe for "Incredibly Fast Egg Bowls" which serves 1 person running late in the morning. A bit boring, not to mention unbalanced, for 3 meals a day, seven days a week. Neither of the single cook's stand-bys -- dividing the quantities by the listed number of servings or making it as is and freezing the excess in single portions -- seemed feasible. The ingredients simply don't come in the minute quantities needed for the first and most of them use fresh fruits and vegetables, which would not survive the freezing and thawing. I wish those who regularly serve a dozen or so at their breakfast tables and those who cook for families of 4 or 6 bon appetit. I only wish I could invite myself to taste one of the servings.

I recently read the book "Fat Chance" by Dr. Robert Lustig and was convinced that sugar is even more deadly than I thought. I picked up this cookbook so I could start eating according to the concepts presented in the "Fat Chance" book. So far, the recipes I have tried are really tasty. The recipe for Pizza Casserole is excellent--it uses barley along with many of the usual pizza ingredients to create a really healthy meal that satisfies that pizza craving. The recipes cover a nice variety of breakfasts, lunches, dinners, and snacks. Highly recommended, especially if you are following Dr. Lustig's books!

I found this cookbook to have a good variety of recipes that aren't just the same old rehashed ones as some other cookbooks have. I'm trying to eat healthier and this cookbook really helps make that easier. The Smoky-Sweet Potatoes and Greek Chicken Tabbouleh recipes are awesome!

This cookbook is slim but it packs a lot of useful recipes in it. It is easier to use than the Fat Chance Cookbook, which by the way would be a good cookbook companion with Fat, Fiber & Low Sugar Cookbook. I'm very happy with this cookbook. Now I have to learn how to cook...

Very basic. You're probably better off just doing a few web searches for recipes.

There were several recipes I am interested in trying. I get frustrated however, when an author calls

a dish vegetarian but adds chicken stock. It's like saying it's Kosher but calls for bacon grease.

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