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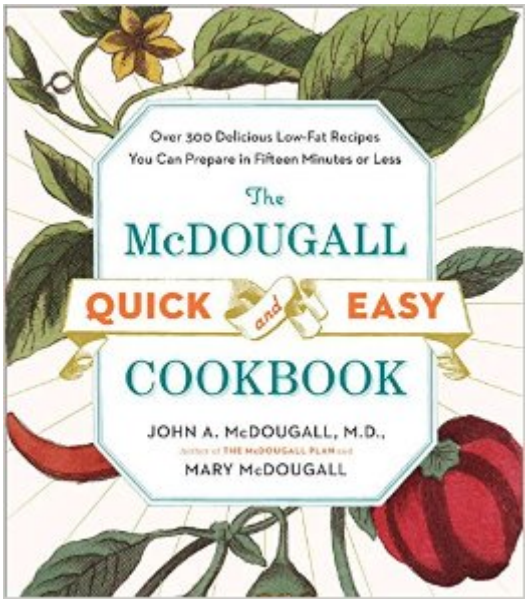
The McDougall Quick And Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare In Fifteen Minutes Or Less



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Synopsis

As featured in the book and movie Forks Over Knives!By greatly simplifying the work involved in preparing healthy, whole food, exciting meals, bestselling authors Dr. John McDougall and Mary McDougall continue to build upon the success of their acclaimed, low-fat and plant based McDougall Program books. In this latest edition, they share their secrets for lowering cholesterol, alleviating allergies, and dramatically reducing the risk of heart disease, cancer, osteoporosis, and diabetes with food that is irresistible to the whole family. Featuring over 300 recipes (including healthy Mediterranean diet recipes) that can be prepared in fifteen minutes or less, The McDougall Quick and Easy Cookbook is the busy person's answer to eating right. Discover shopping tips and cooking hints to save time, reduce fat, and make great-tasting meals. Learn the viable egg and dairy replacements to eliminate fat, cholesterol, and animal protein from your diet. And refer to the updated "McDougall-Okayed Packaged and Canned Products" list. The economical, fast, and innovative recipes in The McDougall Quick and Easy Cookbook help make good health and longer life easier than ever to achieve.

Book Information

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Customer Reviews

This is definitely their best recipe collection for supporting the McDougall program. It is also one of the few ALL VEGAN cookbooks out there so vegans who aren't into following the program will still appreciate the effort.The recipes were not hard to make and did not use any strange ingredients. They are pretty basic and should appeal to the average palate and the most basic of cooks. The goal with this book was not gourmet cookery, but simple, fast, effective, and relatively tasty food. I

think that overall they achieved that goal and the time estimates for how long a recipe will take are pretty much accurate.The recipes are set up with lots of room to write your own adjustments in the margins, the illustrations are pleasant but low-key so as not to overpower the text. It is a nice size and lays flat, important to me with a cookbook! Small tidbit articles pepper the book for fun info, but those do not overshadow the recipes. Afterall, a cookbook is about the recipes, not anything else!The recipes are divided up into useful categories like "main dishes" or "bean dishes" so they are not hard to find. Often the other McDougall books seem to lean too much to southwest or tex-mex type recipes which can put anyone who is NOT a tex-mex lover off. This book has a better balance between different kinds of recipes -- italian, asian, mexican etc. MUCH better! But do look at the other cookbooks for more recipes or if you are a tex-mex fan.More advanced vegan cooks might want to skip it, since it is truly basic stuff, but it may not hurt to peek at it anyway.

I started changing my eating habits about 18 months ago. I quit eating meat, however, I was still eating fish. I added a lot of raw foods and then found [...] I started the McDougall way of eating and daily exercising 12/01/03. My blood pressure went down 40 points on the second day. I have also lost 23 pounds. The Quick & Easy cookbook is wonderful. Every recipe that I have tried has been good. I brought it with me on my vacation in Maui. My daughter and her family here are Vegans. They are going to order the cookbook because they also love the recipes. This is a great addition to anyone’s cookbook collection.

this cookbook has been like my bible since it arrived. i’ve been living on nothing but these recipes for 3 weeks now, it makes being vegan so easy! all the meals are easy and tasty! even my meat-eating family loves them!

Like most recipe books, one has to weed thru many recipes to find dishes that appeal to the whole family. This one is no exception. However, I did find MANY recipes in here that my WHOLE FAMILY will eat AND enjoy, including the kids. This is not a "diet" book to use temporarily, but rather a help to change the way you eat forever book. The recipes really do prepare in quick time. Fast minestrone is so easy that my husband will make it and that’s pretty close to a miracle in itself.

I’m always looking for fast, easy, and nutritious meals to make after work, and this cookbook fills that need. While I don’t always follow a diet as strict as the McDougall’s, the recipes make it so simple there’s almost no excuse! The recipes also lend themselves to the addition of meat, for my

non-vegetarian husband.I highly recommend this book. I think it would be an excellent cookbook for a new vegetarian, since the recipes are so simple and nutritionally balanced.

This was the first Mcdougall book I bought. The recipies take only 15 minutes or less to prepare and the taste amazing. If you buy only one Mcdougall book it should be this one. The ingredients are also very easy to find, unlike other vegetarian cookbooks that have you buying things only from natural foodstores. I ended up losing 40 pounds in 4 months by using this book and Dr. Mcdougall's other ones.

Unlike many previous McDougall cookbooks, this book has recipes that non-McDougallers will enjoy. Even my confirmed meat-eating husband has yet to find a recipe that he does not like! Most of the recipes are quick and can be made within 20 minutes, using ingredients that are mostly available in larger grocery stores. The book includes tips on purchasing different types of foods and cooking hints, as well as information on nutrition. It has quickly become the cookbook I reach for first

I have been on a vegan diet for three months, using the recipes from this book for about 70% of my meals. The other 30% of what I eat is McDougall-approved foods such as baked sweet potatoes, oil-free hash browns and salads. I love the recipes in this book. They truly are easy to make and very delicious. You can get the ingredients at any grocery store, but it might be best to try a health-food grocery store because it will be easier to find foods with fewer chemicals and preservatives.Unfortunately, I did not lose any weight while following this plan. It was only when I started walking an hour or more a day that the pounds started slipping away. So... diet alone, at least this diet, was not effective for me.Still, the recipes are very good. I feel healthier and more energetic eating this way.

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