



Fat, Fiber Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious Healthy Recipes That Your Family Will Love (Paperback)

By New Health Cookbooks

Createspace, United States, 2013. Paperback. Book Condition: New. Large Print. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. If You Have Read Fat Chance, This Cookbook Is For You! Delicious Healthy In this helpful cookbook, you will find 40 delicious recipes that are low-sugar and high in fiber, perfect for those following a low-sugar, high-fiber with healthy-fats program. 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 can not emphasize enough how life changing Dr. Lustig s books will be for your health. 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. The Importance of Fiber 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...



READ ONLINE
[5.88 MB]

Reviews

This pdf is fantastic. It typically is not going to price too much. You will not truly feel monotony at at any time of your own time (that's what catalogs are for about if you request me).

-- **Leslie Reinger**

It becomes an incredible publication that we actually have at any time read. It is one of the most incredible book i actually have go through. I am just delighted to tell you that this is actually the finest pdf i actually have read through within my personal life and might be he finest publication for actually.

-- **Prof. Hilma Robel**