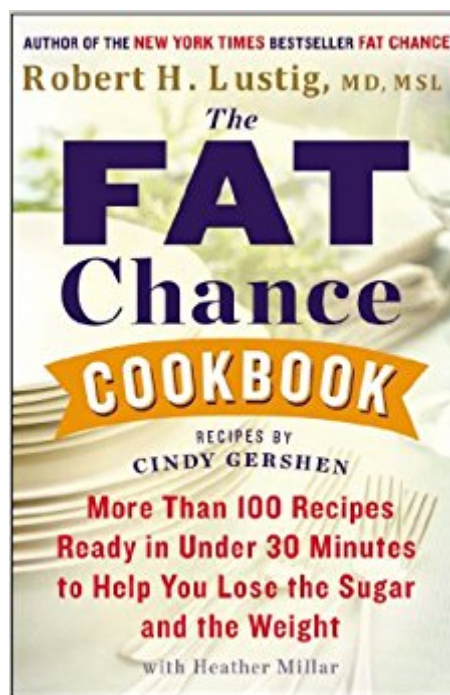




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# The Fat Chance Cookbook: More Than 100 Recipes Ready In Under 30 Minutes To Help You Lose The Sugar And The Weight



## Synopsis

The long-awaited cookbook companion to the instant *New York Times* bestseller *Fat Chance* shows you how to beat the odds—deliciously. Dr. Robert Lustig's message that a calorie is not a calorie revolutionized our understanding of weight loss and nutrition. But in order to avoid the hidden sugars that threaten our health and waistlines, Dr. Lustig warns that we must transform the way we shop, cook, and eat. Teaming up with Cindy Gershen—a chef who's lost more than one-hundred pounds on his plan—Dr. Lustig shows readers how to:

- Stock a pantry
- Prepare more than 100 fast and delicious recipes
- Feed a family—kids included—healthy foods they'll love
- Make entertaining easy and nutritious

More timely than ever now that newest edition of *The Dietary Guidelines for Americans* has for the first time placed hard limits on the amount of sugar we should consume, *The Fat Chance Cookbook* shows you how to lose weight, find your way back to health, and still enjoy delectable, memorable meals.

## Book Information

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## Customer Reviews

"The best book I've read on the relationship between diet and health."—Andrew Weil, MD, bestselling author of *You Can't Afford to Get Sick*

"Every American, politician, teacher, and business leader must read this book."—Mark Hyman, MD, bestselling author of *The Blood Sugar*

Solution – “No scientist has done more in the last fifty years to alert Americans to the potential dangers of sugar.” – Gary Taubes, author of Why We Get Fat

Robert H. Lustig, M.D., M.S.L., is an internationally renowned pediatric endocrinologist. He lives in San Francisco.

I almost didn't buy this book because the sample pages did not let me see the names of the recipes or their ingredients. My family is into plain food-nothing exotic or hard to pronounce. I found plenty that won't scare the natives: For example: Pork Loin with Apples and Onions Quick Enchiladas Slow Oven-Smoked Brisket Italian Style Meatballs Chicken Braised with Onions and Tomatoes No guilt fish tenders Old fashioned Beef Stew There are also some new things to try: Caprese-Style Polenta and Steak Quick Chicken Tikka Masala Quinoa Turkey Casserole My husband and I saw Dr. Lustig on CNN. Because of that lecture my husband gave up pop and is his normal, sane, self again instead of the volatile person he'd become. I doubled my veggies and have lost 2 pounds in a week :). I was glad to get the cookbook for more ideas-especially for making basics like barbecue sauce without sugar. Bon Appetit!

Finally, a cookbook that recognizes the value of not buying food that require a label. I heard about this on PBS and the recipes are put together by Cindy Gershen who founded Sunrise Bistro here in Walnut Creek CA where I live. I can attest to the quality of her restaurant and these recipes will keep me busy for a long time.

Great book easy to follow recipes, everything we tried so far came out great . My 12 year old daughter loves the recipes from this book and she is an extremely picky eater

Gave a good overview of the program offered in the original book, "Fat Chance". Also, has recipes useful in following the plan.

I found the ideas and recipes very good. I have lost 20 # so far.

I've known Cindy for over 40 years. Yes I'm biased; I've always loved her cooking. With these recipes I can eat all I want and not put on weight. Cindy lost 100 pounds in six months eating this food and has kept it off for over 10 years.

She sells this food every day in her gourmet restaurant. Most of her customers don't know or care that they are eating healthy, they just like the food. Her high school students love the food and make it for their parents at home. The included condensed version of Dr. Lustig's bestselling book Fat Chance is a bonus and a quick read if you don't have time for the big book. Dr. Lustig and Cindy are changing lives. Do yourself a favor, get the book and change your life, for the better.

"Fat Chance" changed my eating habits. I bought the cookbook expecting insightful help, but it did not add anything significant to what I already know or help me apply Lustig's nutritional principles in a significantly better way. After reading it, I left it on the shelf. However, it did help my brother.

I had high hopes for this book, but it didn't meet my expectations. Limited recipes and almost zero illustrations. Because of that the book has been collecting dust on the shelf since the arrival. There are so many colorful and illustrated books on similar subjects nowadays, that it seems that someone was really cutting corners when publishing this one

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