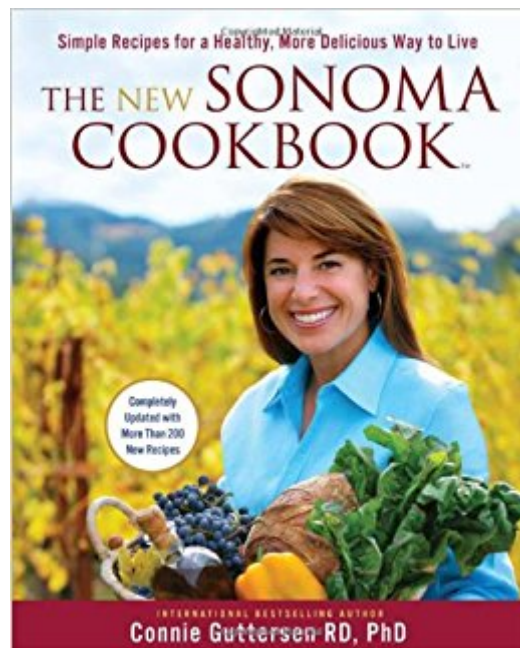




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The New Sonoma Cookbook™: Simple Recipes For A Healthy, More Delicious Way To Live



Synopsis

Delicious, satisfying, and wholesome food that evokes the sundrenched flavors of California: that's why The Sonoma Diet is so popular. The New Sonoma Cookbook has always celebrated California's seasonal cuisine-and this updated edition is better than ever!! It features new family meals, weight loss menus, food and wine pairings, "Cook Once, Eat Twice" recipes, and "No Cook" dishes that are healthy, mouth-watering, and simple to prepare. And when time is short, try one of the quick and easy Sonoma Express meals-perfect for busy weeknights!

Book Information

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Average Customer Review: 4.1 out of 5 stars 44 customer reviews

Best Sellers Rank: #125,552 in Books (See Top 100 in Books) #38 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > California #106 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #363 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

Praise for THE SONOMA DIET: "America's next great diet craze." -O

Magazine "No calorie counting, no points, no weighing, no measuring, no obsessing about low-carb or low-fat foods. Think gourmet, not gourmand." -Time magazine

DR. CONNIE GUTTERSEN, RD, PhD, is the New York Times best-selling author of The Sonoma Diet and The Sonoma Diet Cookbook. She is a nutrition instructor at the world-famous Culinary Institute of America at Greystone (CA), and has consulted with major companies such as Kraft and Nestle. She is a guest faculty member in Harvard Medical School's acclaimed Healthy Kitchens, Healthy Lives program. Dr. Gutteresen lives in northern CALIFORNIA wine country.

The recipes are great! Using fresh herbs adds so much flavor to the food and greatly reduces the need for salt. I began the Sonoma diet six weeks ago and have been using "The New Sonoma Cookbook" on a regular basis. The recipes are great, I've lost 21 lbs, feel so much better and I have so much more energy. But best of all, because of this cookbook I do not feel like I'm on a diet!

My spouse and I were referred to this book while I was recuperating from heart surgery. The nutritionist at the hospital asked me what kinds of food we like best. I told her that we both love Mediterranean food. The next day she returned with this book and said that we couldn't go wrong with it. We've used many of the recipes and their variations. It's a great book with many cross-references and suggestions for eating healthier. That said, it is never preachy. We also bought the companion diet book, though that isn't absolutely necessary to benefit from these fantastic recipes. Great results without hunger pangs, ever.

I love this cookbook. I've been able to drop lots of pounds while still be able to do what I love, cook. Most diets take the fun out of cooking. These recipes are not only fun to make, but fun to serve as they are so delicious. No one realizes I'm feeding them healthy food. I have lost 30lbs in 2 months following the Sonoma way of cooking.

The only reason it's not five stars? I haven't prepared every recipe yet! But after owning The Sonoma Diet, and The NEW Sonoma Diet, I didn't want to miss this one. I LOVE LOVE LOVE everything about Sonoma Style cooking. And I don't have to make something else for my family while I get all the good food. Plenty of dishes for everyone. I have tried more of Connie's recipes than all of my other cookbooks combined. Bon appetit!

We are on Connie's Sonoma Diet and love it. This gives us many more recipes for healthy eating. These are not for Wave 1, when you first start the diet.

This cook book is fantastic. I had been on the original Sonoma Diet and love the results and the way I felt about eating properly. When the new diet came out, I found it to be equally as rewarding and pre-ordered the New Sonoma Diet Cook Book, three months before it's publication date. Right on schedule I received the new Cook Book and have been thoroughly pleased with it as well. Great Book!

This book came to me from my older daughter who had been using it for several years. She served us several of the dishes and they were delicious and easy to fix. She gave me a copy and I bought several more as gifts for friends. The book is well written by a well educated author. It is a great addition to one's library of cookbooks...

I would definitely recommend this book to anyone who wants to lose weight and to eat healthy. No regrets so far!

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