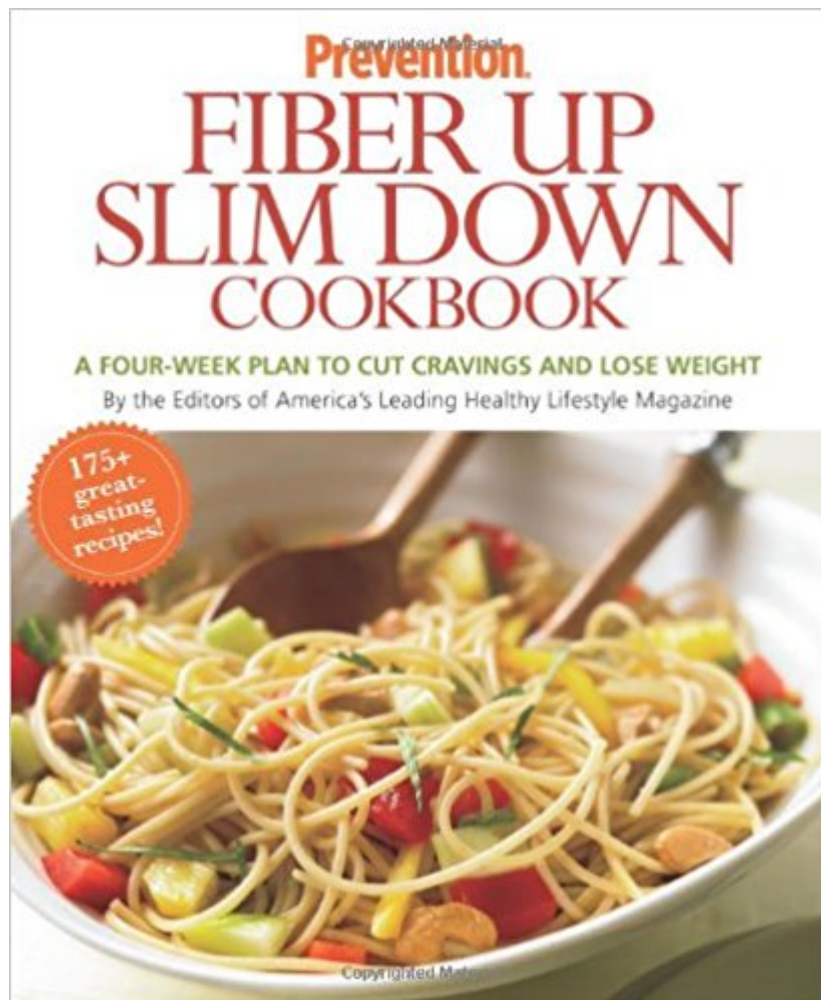




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Prevention Fiber Up Slim Down Cookbook: A Four-Week Plan To Cut Cravings And Lose Weight



Synopsis

While common dieting wisdom suggests that those who need to lose weight must be eating too much, the newest discoveries in weight loss science now reveal that what's not being eaten can hinder weight reduction. Fiber is turning out to be the silver bullet of dieting—because it can fill you up on fewer calories, dampen cravings for fattening foods, and dramatically improve your overall health. Consuming the right amount of dietary fiber can have profound health benefits. It can cut the risk of heart disease by 30 percent; lower cholesterol by as much as 13 points; decrease inflammation; drop blood pressure; balance blood sugar; improve memory; reduce the risk for breast, colon, and endometrial cancer; and boost the immune system. Unfortunately, ramping up fiber levels too quickly can also cause digestive distress. With an easy-to follow, 4 week plan, Prevention's Fiber Up Slim Down Cookbook by the Editors of Prevention Magazine shows how to switch over to high-fiber living without experiencing excessive gas or uncomfortable bloating. Of course, for any weight-loss plan to work, the food must be fabulous. Prevention's Fiber Up Slim Down Cookbook is packed with more than 200 delicious, fiber-rich recipes that work with any fiber-rich diet plan including home-style dishes like Roasted Sweet and Russet Potato Salad and Mom's Turkey Meatloaf, tasty new favorites like Curried Beef with Pineapple and Coconut, and sweet treats like Ginger-Sweet Potato Cheesecake and Pumpkin Fruitcake.

Book Information

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Customer Reviews

PREVENTION MAGAZINE, America's leading healthy lifestyle magazine for more than 50 years, is the most trusted source of practical health information for nearly 11 million readers. In a sea of

conflicting diet advice, readers know they can rely on Prevention to provide them with cutting-edge, authoritative information.

This is a great cookbook. I am not following the actual diet plan in the book. However, I often cook various recipes from this book. They are tasty, fairly easy to prepare and quite filling. My 7 year old daughter and husband also enjoy the recipes from this book. I have cut back on sugar and in general use the recipes from this book for my lunch and dinner. I am not currently exercising or counting calories, but I have still managed to lose some weight with this approach. I highly recommend this cookbook.

I can't believe any of these positive reviews came from people who bought the Kindle version. this book may be great in paper form, but it is of little use on a Kindle. The index is not active, and doesn't even contain page numbers (not that that would help much) so it is simply a list of recipes you can't find. The table of contents lists no recipes section, just "meal plans". The first part of the book is a lot of no doubt excellent advice and information on fiber. This is followed by day-by-day meal plans, mostly simple suggestions like "raisin bread with peanut butter" or "apple slices". If there are any good recipes, I have not found them and I am tired of looking. I wanted a cookbook, not robotic "meal plans". This was not worth 1 dollar to me, much less 11. Next time I will see if I can get a cheap paperback copy of a cookbook before I spring for the Kindle version.

This is a great cookbook filled with recipes that are easy to follow and make. The fiber really fills you up and helps you to lose the extra pounds. I would recommend for persons who are trying to eat healthy and lose weight without feeling deprived.

Good primer for this diet plan but wouldHave liked a little more info. I read through the book and felt I needed more so I bought the big book too. Valuable if you want to scan this diet program without spending alot of money.

This book was better than i thought. The recipes are easy to follow and the food is delicious. My health will improve eating these high fiber meals.

I don't want to say anything bad about it because it is a good book, and it does have lots of good recipes, but I didn't find it that great for trying to slim down by still getting the fiber you need. I would

say I love it if it was just meant to be a high fiber cook book.

I am really pleased with this cookbook. It tells you how to add more fiber to your diet slowly without upsetting your digestive tract. Has a plan for beginning the diet as well as continuing. The recipes are great and the cookbook itself is a beautiful book. Very pleased with it.

Stolen!

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