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The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less

By John A. McDougall, Mary McDougall



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Bestselling author of *The Starch Solution* and *The Healthiest Diet on the Planet*

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.



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Editorial Review

From Library Journal

The authors' McDougall Program has been the basis for half a dozen other cookbooks, a weekly television show, and a line of McDougall's "Right Foods" sold nationwide. The program is basically a diet extremely low in fat and high in starch, and this latest book offers quick recipes for converts (although preparation time is 15 minutes or less, cooking times are often longer). While cutting back on fat is probably a good idea for most Americans, the McDougalls at times seem to verge on fanaticism as they discuss "disgusting, damaging fats and oils" and describe how manufacturers "use unfamiliar names to disguise harmful ingredients" so that "fats and oils are hidden" (they don't mention that those same ingredients labels also give fat and saturated fat percentages). And it seems strange that there are no nutrition analyses of their own recipes. Buy for demand.

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From [Booklist](#)

The husband-and-wife McDougall team runs a California clinic specializing in weight loss through pursuit of an ultra low-fat, meat-free diet. Their newest cookbook encourages people to follow their regimen by providing recipes that readers can prepare in 15 minutes or less. Most of these recipes use commonly available ingredients. Even the occasional call for a specialized item, such as silken tofu, no longer presents a problem, since the new nutrition movement has made soy products ubiquitous. Since these recipes eliminate all animal products, vegans will find the book useful, too. An appendix lists commercially processed foods that meet the McDougalls' nutritional standards. Although the authors hold up their diet as a virtual panacea against modern Western civilization's diseases, they do not offer nutritional analyses of the individual recipes, which makes the book much less useful for those with diabetic or other illnesses. *Mark Knoblauch*

Review

"Filled with innovative and easy to make recipes... offers valuable information that will empower you to take your health to the next level."—**Tony Robbins, New York Times bestselling author of *Awaken the Giant Within* and *Unlimited Power***

"Here's an opportunity for change. The recipes are as delicious as they are healthy."—**Dean Edell, M.D., author of *Life, Liberty, and the Pursuit of Healthiness***

"Dr. John and Mary McDougall have combined their medical and dietetic expertise to provide healthy, tasty, and easily prepared meals for modern life."—**Henry J. Heimlich, M.D.**

"This cookbook provides lifesaving answers about healthy eating, and solves your cooking problems with great-tasting, super-quick recipes. It's sure to make your Top Ten."—**Casey Kasem**

Users Review

From reader reviews:

Janice Smith:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing

for us to find out everything in the world. Each publication has different aim or even goal; it means that publication has different type. Some people sense enjoy to spend their time and energy to read a book. They are reading whatever they have because their hobby is usually reading a book. What about the person who don't like looking at a book? Sometime, particular person feel need book whenever they found difficult problem as well as exercise. Well, probably you will require this The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less.

Jake Harris:

Have you spare time for a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their very own spare time to take a move, shopping, or went to the Mall. How about open or read a book eligible The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less? Maybe it is to be best activity for you. You understand beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with the opinion or you have various other opinion?

Robert Lofton:

Now a day folks who Living in the era exactly where everything reachable by connect to the internet and the resources inside it can be true or not call for people to be aware of each details they get. How many people to be smart in acquiring any information nowadays? Of course the correct answer is reading a book. Reading through a book can help individuals out of this uncertainty Information particularly this The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less book because this book offers you rich data and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it you know.

Samantha Smith:

Many people spending their moment by playing outside along with friends, fun activity together with family or just watching TV 24 hours a day. You can have new activity to invest your whole day by reading a book. Ugh, think reading a book can actually hard because you have to accept the book everywhere? It fine you can have the e-book, having everywhere you want in your Cell phone. Like The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less which is finding the e-book version. So , try out this book? Let's find.

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