



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

By Mary McDougall, John A. McDougall

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The authors of *The McDougall Program* and *The McDougall Program for a Healthy Heart* present more than three hundred delicious, easy-to-prepare recipes for wholesome salads, appetizers, main and side dishes, and desserts, all of which are meatless, dairyless, and virtually fat-free. 75,000 first printing."

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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:

##### Deborah Martins:

Book is to be different for every grade. Book for children until eventually adult are different content. As we

know that book is very important for all of us. The book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less had been making you to know about other expertise and of course you can take more information. It doesn't matter what advantages for you. The guide The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less is not only giving you more new information but also to get your friend when you feel bored. You can spend your spend time to read your e-book. Try to make relationship with all the book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less. You never truly feel lose out for everything should you read some books.

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Are you kind of hectic person, only have 10 or perhaps 15 minute in your time to upgrading your mind ability or thinking skill also analytical thinking? Then you have problem with the book as compared to can satisfy your short time to read it because this time you only find guide that need more time to be study. The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less can be your answer because it can be read by anyone who have those short free time problems.

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