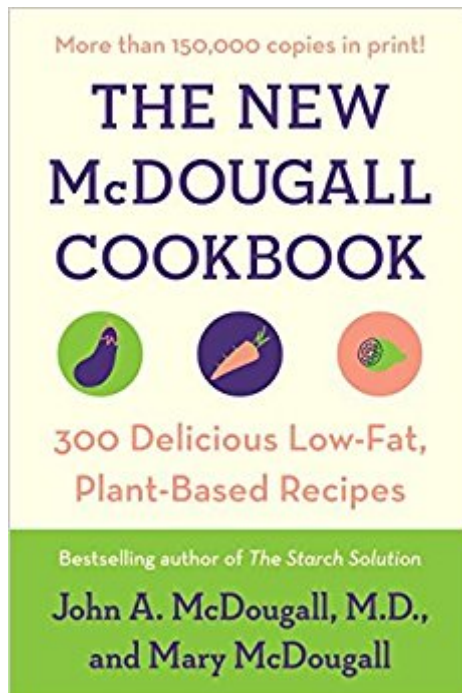


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# The New McDougall Cookbook: 300 Delicious Low-Fat, Plant-Based Recipes



## Synopsis

“A gateway to greater health and better living.” —John Robbins, author of *The Food Revolution*

From the bestselling authors of *The Starch Solution*, see the difference a plant-based diet can make in your life with the McDougall Program! Thanks to John and Mary McDougall, countless health-conscious Americans have learned that our standard meat-heavy diet is hazardous to our health—and that the low-fat solution doesn’t have to be low on taste. This collection of three hundred vegan, high-carbohydrate, virtually fat-free recipes offers a well-balanced, mouthwatering mix of fresh fruits, vegetables, legumes, and grains to help you lose weight, reverse illness, and do right by the environment. Inspired by dishes from around the world, the recipes use familiar ingredients and rely on simple and consistent preparation methods. You will also find:

- An explanation of the groundbreaking McDougall Program and its nutritionally based approach to health
- Easy-to-prepare recipes for nondairy drinks, dressings, and sauces that aren’t based on oil
- Ten simple steps to make a lighter version of your favorite recipes
- An updated “McDougall-Okayed Packaged and Canned Products” list to help you shop with confidence

Food is our most powerful medicine. And with this revolutionary program, the fat-free way to healthier eating has never been easier—or more delicious.

## Book Information

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## Customer Reviews

I was amazed that the professional reviewers of this book had such a "bah-humbug" attitude about them! The program is hardly "draconian" as one reviewer put it -- you eat all you want of healthy,

good tasting, real food. My mother discovered McDougall ages ago, before any of these glossier books came out -- and at 83, she still takes no medications and at her last check-up, the nurse commented that her "heart was like a teenager's!" The hardest part of staying on McDougall is that you have a whole culture working against it -- all those high-fat foods or this strange culture of the "high protein" diet. People think you're some kind of "weirdo." But the usual American diet isn't weird, right? We can buy meals in minutes with 1200+ calories and 69 fat grams and never even have to leave our cars! Read the reviews by the people who have actually tried McDougall -- they loved it. Even people who are enticed away from this way of eating area always wanting to go back to it. It does take some dedication at the start -- one is breaking some very old habits. But it's worth a try. McDougall has decades worth of healthy patients to reinforce what he's been developing since his earliest days as an MD. He's still a practicing doctor, still a researcher, and continues to grow and learn about nutrition, health and the vegan diet. Atkins died overweight and very sick. John and Mary McDougall are still healthy and robust -- and so are the people who actually follow his nutritional advice. Does that say something? Within the past couple of years, my brother-in-law, inspired by my mother's experiences on McDougall, tried it out. He was widowed, had had a heart-attack, and was looking for a better way to eat and be healthy.

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