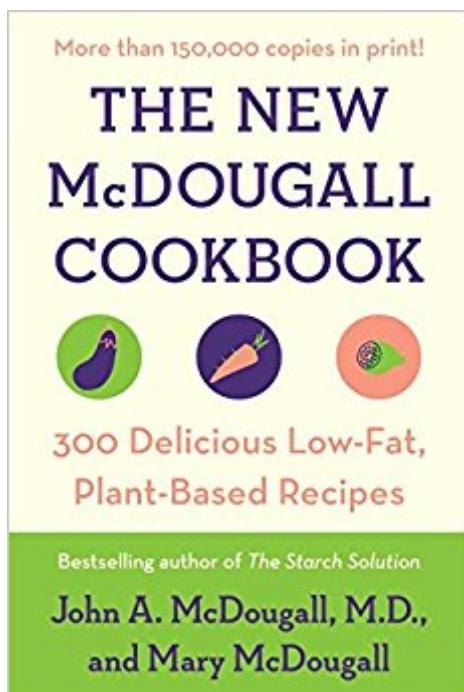


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# The New McDougall Cookbook: 300 Delicious Low-Fat, Plant-Based Recipes



## Synopsis

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

The McDougall diet is unlike most medically based diet plans in that it doesn't limit the amount eaten, but radically changes what is eaten and how it is prepared. These recipes eliminate fats, meats and dairy products. The McDougalls ( The McDougall Program ) run an in-patient program at St. Helena Hospital in Santa Rosa, Calif., for people who want to drastically change their eating habits. The recipes substitute water for cooking oil and soy-based products for dairy ingredients. The McDougalls write that their diet plan is less extreme than the Kempner Diet developed at Duke University Medical School, and that it would seem to be a good choice for athletes or people who must change their eating habits either because of health problems or severe food allergies. For the rest of the eating public, however, the McDougalls's claims are bound to raise eyebrows; to wit, "The incidence of human leukemia worldwide is in direct proportion to the amount of dairy products consumed," and "I realized early in my career that the diseases from which most people suffer are caused by eating too much rich food." To their credit, the McDougalls do offer a wide range of recipes drawn from many different ethnic backgrounds--e.g., black bean burritos and waffles. They also discuss how to adapt a recipe to their regimen. Their recipes are well-organized, and a list of health food mail-order stores is provided. Given the draconian nature of the McDougall diet, however, it's not something to start without careful consideration. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The McDougall Program is a health plan that revolves around a starch-based fat-and cholesterol-free diet. John McDougall, author of The McDougall Program ( LJ 4/15/90), runs an in-patient program at a California hospital. Mary, his wife, developed most of the 300-plus recipes presented here. A few, such as a Holiday Vegebird constructed out of brown rice and bread stuffing (it even has fake giblets), come from fans of the program. The McDougall plan does have some famous followers, but, overall, the dishes in this collection are unlikely to attract many new converts. And, oddly enough for a diet book, there are no nutritional analyses attached to individual recipes. Buy for demand. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I heard so much about the McDougall Cookbook I had to add to my collection. This one is easy to follow. Has normal recipes you will use.

I looked at every recipe and found only three out of all that I would consider making. Felt like this purchase was a waste of money. Half the book wasn't recipes but a training manual for plant based living. I was hoping for a more practical cookbook.

If you are a McDougall follower its a good cookbook to keep things interesting.

Good recipes, easy to follow

Great cookbook for us vegans!

Love it.

Very practical and informative ways to a more healthful way of cooking.

This is his second book that I've read . He changed my life. Highly recommend this book.

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