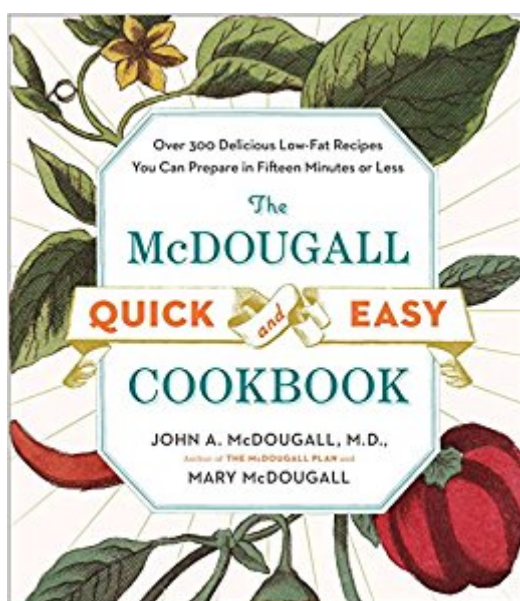


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# The McDougall Quick And Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare In Fifteen Minutes Or Less



## Synopsis

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.

## Book Information

Paperback: 336 pages

Publisher: Plume; 1st Edition (later printing) edition (April 1, 1999)

Language: English

ISBN-10: 0452276969

ISBN-13: 978-0452276963

Product Dimensions: 7.9 x 0.8 x 9.1 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 277 customer reviews

Best Sellers Rank: #17,691 in Books (See Top 100 in Books) #25 in *Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat* #39 in *Books > Cookbooks, Food & Wine > Special Diet > Low Fat* #83 in *Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy*

## Customer Reviews

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. Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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 --This text refers to an out of print or unavailable edition of this title.

Great recipes, easy to follow, not a lot of exotic ingredients.

I have a number of Mary McDougall's cookbooks. Each book is unique. They all offer fantastically delicious recipes. This book focus on the time crunch we are often faced with. Hence the "quick and easy" wording in the title. Definitely worth having on hand for those days when you are pushed for time. This book has a section called "Canned and Packaged Products" which identifies the products out there that meet the criteria for eating a healthy vegan diet. You'll be amazed at how many products are available. It will definitely make you a smarter shopper.

I am an avid home chef and cook book collector. I eat a plant based diet and was looking for low-fat, oil-free, healthy delicious recipes that don't require a lot of prep-work. One of the features that spoke out to me about Quick & Easy is the layout, it reads very clean and the design is uncluttered. Sprinkled throughout the book there are stories, facts and encouraging ideas. The recipes look

simple to prepare and fun to make. This certainly makes up for the lack of photos. If you are visual, like myself, and really like photos, the clean format really helps. Since I just received the book I've only tried one recipe so far. The Taco Soup, page 56, was wonderful. It took no time at all to prepare and my SAD family enjoyed it as well. I put out warm tortillas and diced avocado to accompany. I also took the suggestion about eating with a mixed family and put out some bean and cheese burritos on a plate (frozen & reheated) so they could have 'their' food as well. I had been in a dilemma about trying to get us all around the table, without having to cook a bunch of different meals, so the suggestion of putting their animal food on the side and keeping the low-fat healthy plant based meals as the main meal really helped. The breakfast recipes didn't really appeal to me, as I prefer a fruit breakfast, and they are all grain based and would feel too heavy before my AM workout - but I may give some of them a try perhaps on the weekend or on a rest day for a change. The one obstacle I foresee with this book is that some of the ingredients may be hard to find locally, for example, the "Wonderslim" Â Wonderslim Pure Fat-Free Cocoa Powder, 6-Ounce Cans (Pack of 3) Â products, certain sauces, dressings, canned foods and other packaged foods that are suggested in the back of the book. These may have to be ordered online, especially if you don't live near a health food store or your grocery store doesn't stock them.

Great way to eat healthy without buying tons of weird ingredients.

Lots of recipes that I would actually use. Would recommend for a serious plant based diet cookbook collection.

great way to eat and learn

I have already tried several of his recipes and they are delicious. My problem is that my triglycerides jumped to 433 on this high carb, no fat, no dairy diet. I find the recipes easy to follow and they are, for the most part, quick to prepare. However, I prefer to cook my beans vs canned ones and that requires time.

McDougall rocks! I think Dr. McDougall has the answers to our health problems and reading all of his books, even the ones that are out of print or hard to find is so worth the effort. If you want to see your blood pressure go down, your cholesterol drop and your aches and pains go away - you've got nothing to lose by giving his program a try. You quickly become accustomed to a change in your

diet. If you want to stay away from the doctor, get rid of your prescriptions and chuckle at the commercials for medications - you need to begin McDougalling. Life changing!

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