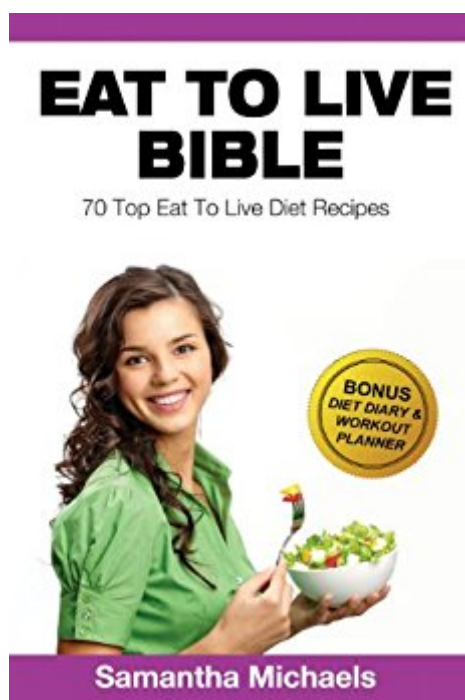


The book was found

Eat To Live Bible: 70 Top Eat To Live Diet Recipes (BONUS: Diet Diary & Workout Journal)



Synopsis

The eat to live diet offers a highly effective, scientifically proven way to lose weight quickly. The key to this diet is very simple and is based from Dr. Joel Fuhrman's revolutionary six week plan and that is focused on nutrient rich foods. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. There are 70 delicious and easy to prepare recipes you can enjoy that won't break your diet and will certainly help you lose weight.

Book Information

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Customer Reviews

There is a chapter of bread recipes -- need I say more? The other recipies are full of oil. And the recipies, other than the chapter divisions, are all strung together making it difficult to tell where one stops and another starts and impossible to find individual recipes. There is no information other than the recipes. I was hoping for at least a couple of personal stories by the author to break things up. Very dissapointing and I wish I could get my money back.

I received this product free to give an honest review. I personally have a goal to eat cleaner and enjoyed how she stated in the beginning of the book that the main idea was to use fresh ingredients

(not frozen or canned). The recipes are all from scratch, which is right up my ally, and they are all clearly explained in detail. The book also contains slow cooker recipes which are great for those days where you cannot hover over the stove. I am looking forward to utilizing all of the recipes and suggestions in my quest for cleaner eating. The book contains salad recipes, soup, stews, vegetable dishes, dips, sauces, burgers, vegan friendly desserts, cakes and much more.

This book has everything. I was honestly expecting simple meals with very few ingredients and basically the same things over and over with a slight twist to make them different. However, what you actually get with this book is everything from different takes on salads, to condiments, meals, juices and smoothies, but absolute favorite section is probably the homemade breads. Especially for a healthy recipe book, this is truly amazing. Most healthy "diet" books try to keep you away from breads but she truly unlocked the right way to consume everything you need without compromising on health. And if all of that was not enough to absolutely fall in love with this superbly put together book, she even includes the workout/food daily logs in the back to help you keep track of what you do and stay on the path of healthy success. I am blessed to be receiving this book free just for the exchange of a review, but honestly the review could not have been easier to do when it was something as great as this.

As an overweight 41 year old woman, this book was a great find! The amount of information packed into these 80 pages is incredible. The author makes it fun as well. As I was reading this I was reminded of my favorite high school teacher and the ways he would try to make things interesting. She uses words and phrases to pep up this otherwise bland information. I learned so much! I had no idea that the blood type has any type of characteristics related to weight loss or that you can speed your metabolism by eating low - high - low meals. This is eating a low calorie meal for breakfast, a high calorie meal for lunch, and a low calorie meal for dinner. Of course there were the non surprising tidbits on drinking water, exercise, and fat intake included in the text. But, that is a given with any weight loss regime. The author also included short cut tips at the end of each step. These felt like cliff notes and were very well placed. If the reading gets too mundane, you can always just check the shortcut to get the information without the details. This book is easy to read, easy to follow and great for anyone looking to change their eating habits for the better. The recipes at the end of this book are incredible. A lot of chicken, fish, & turkey; however, that is to be expected. I did try to Balsamic Chicken Breast recipe presented in the book and let me tell you... WOW!! It was so good, I forgot I was eating healthy!! I will definitely be trying more of these recipes!! I would recommend this

book to anyone who hates the word "DIET". This is a change of lifestyle manual and it will work!!
received this product free in exchange for my honest review.

I waited a while to write a review for this book until I was finished with it, I got the digital copy. The chapters are very nicely laid out starting at veggies and finishing off with some very awesome desserts. Even though i'm not a vegetarian, a large part of my diet eventually merged into all the recipes in this book, yes its really THAT good. I like how the book takes a no-processed-food approach. Everything can be made fresh from salads, to breads even. I never imagined I would be so fond of eating Veggie burgers but they are truly awesome! The recipes are not hard at all, you get a grip of them fairly quickly and surprisingly - they are DELICIOUS. I expected them to not be since most diet recipes are like medicine but NOT THESE! Note: I received this product at a discount in return for an honest review!

The Eat to Live Bible comes with some amazing and tasty recipes. It has salads, breads, dips, dressing and condiments, stews, and even some vegan friendly burgers and desserts. The 'bible' doesn't just vies you the recipes, it also tells you how to prepare them and what you will need, (such as a food processor and blender). This is great for me because I am a novice in the kitchen. I've tried some of the easier recipes so far and they've all been flavorful and filling. I'm only recently began diet and am 10 pounds thinner using these recipes and minimal exercise. DISCLAIMER: I received this item for free in exchange for my honest and unbiased review.

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