



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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- Sales Rank: #510733 in Books
- Brand: Brand: Dutton Adult
- Published on: 1997-08-01
- Original language: English
- Number of items: 1
- Dimensions: 20.00" h x 20.00" w x 20.00" l,
- Binding: Hardcover
- 322 pages

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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:

Michael Bennett:

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Kevin White:

The particular book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less will bring one to the new experience of reading some sort of book. The author style to clarify the idea is very unique. In case you try to find new book to read, this book very ideal to you. The book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less is much recommended to you to study. You can also get the e-book in the official web site, so you can more readily to read the book.

William Pak:

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