



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

Download now

Read Online 

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

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."

 [Download The McDougall Quick & Easy Cookbook: Over 300 Deli...pdf](#)

 [Read Online The McDougall Quick & Easy Cookbook: Over 300 Deli...pdf](#)

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

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

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."

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 Bibliography

- 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



[Download The McDougall Quick & Easy Cookbook: Over 300 Deli ...pdf](#)



[Read Online The McDougall Quick & Easy Cookbook: Over 300 De ...pdf](#)

Download and Read Free Online 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

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.

Copyright 1997 Reed Business Information, Inc.

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:

The book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can

Prepare in Fifteen Minutes or Less can give more knowledge and information about everything you want. Exactly why must we leave the good thing like a book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less? A few of you have a different opinion about guide. But one aim which book can give many details for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or info that you take for that, you are able to give for each other; you could share all of these. Book The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less has simple shape however, you know: it has great and big function for you. You can search the enormous world by open and read a reserve. So it is very wonderful.

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:

Reading can called thoughts hangout, why? Because when you are reading a book specifically book entitled The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less your head will drift away trough every dimension, wandering in every aspect that maybe unidentified for but surely will become your mind friends. Imaging every word written in a guide then become one contact form conclusion and explanation which maybe you never get prior to. The The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less giving you a different experience more than blown away your brain but also giving you useful details for your better life in this era. So now let us present to you the relaxing pattern is your body and mind is going to be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

Thomas Gonzalez:

Do you really one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Make an effort to pick one book that you never know the inside because don't evaluate book by its include may doesn't work here is difficult job because you are frightened that the inside maybe not since fantastic as in the outside appear likes. Maybe you answer could be The McDougall Quick & Easy Cookbook: Over 300 Delicious Low - Fat Recipes You Can Prepare in Fifteen Minutes or Less why because the excellent cover that make you consider concerning the content will not disappoint anyone. The inside or content is usually fantastic as the outside or cover. Your reading 6th sense will directly make suggestions to pick up this book.

**Download and Read Online 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
#81T3WLKIENX**

Read 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 for online ebook

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 Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 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 books to read online.

Online 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 ebook PDF download

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 Doc

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 MobiPocket

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 EPub