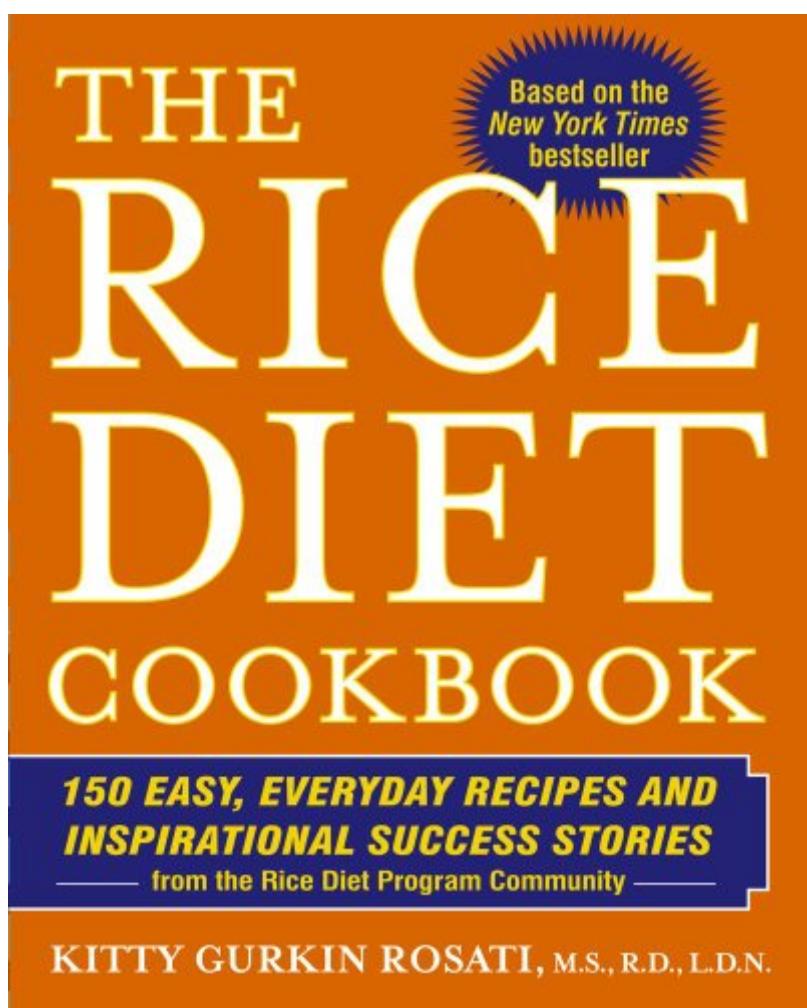


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# The Rice Diet Cookbook: 150 Easy, Everyday Recipes And Inspirational Success Stories From The Rice Diet Program Community



## **Synopsis**

LOSE UP TO TWENTY POUNDS IN ONE MONTH EATING WHOLESOME, DELICIOUS, EASY-TO-PREPARE FOOD FROM THE RICE DIET COOKBOOK! After the success of the New York Times bestselling The Rice Diet Solution, the Rice Diet Program's message boards were bombarded with pleas and suggestions for more Rice Diet-friendly recipes. The result is this collection of healthy whole-food dishes, which includes personal favorites from the Rice Diet kitchen as well as from successful dieters who want to share their weight-loss tips with everyone who intends to lose weight and live a healthier life. Based on one of the world's most famous weight-loss programs, The Rice Diet Cookbook contains 150 new recipes -- all simple and easy to shop for, prepare, and cook. By ambitiously limiting sodium-rich ingredients and relying on complex carbohydrates as the main source of nutrition, the recipes in this book can help women lose nineteen to twenty pounds and men lose twenty-eight to thirty pounds -- in one month! For breakfast, try Gooey Apple Oatmeal, the Elvis Special, or French Toast Sticks. In the mood for a light lunch? Mix up a Basil-Mint Quinoa Salad and pair it with a Refried Bean and Roasted Red Pepper Lettuce Wrap. When the urge to snack hits you, munch on some Zesty Sweet Potato Chips or Barley Pesto Dip on Eilene's Pita Bread. And at dinnertime, how about Pan-Seared Sea Scallops with Angela's Spinach with Sun-dried Tomato and Ilene's Mashed Cauliflower? Or make a meal out of Chicken and Spinach Salad with some Cannellini Bean Salad on the side. Don't forget dessert: Ricers have found amazing ways to satisfy their cravings! There's Chocolate-Banana Cream Custard, Rhubarb-Dried Cherry Crumble, Samba's Gingered Pear Cake, or the super simple and truly delicious Toasted Ginger Papaya. In addition to recipes, The Rice Diet Cookbook is also full of incredible feedback from people who have achieved major weight loss on the Rice Diet. Their inspirational stories will motivate you to live a healthier life the Rice Diet way. The Rice Diet Cookbook is a truly encouraging, supportive book that will help you make living a wholesome lifestyle both simple and sustainable.

## **Book Information**

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## **Customer Reviews**

As a cookbook writer myself (Chicken Soups From Around The World) I was thinking of writing a book about dieting based on rice and thought I'd check out what other efforts had been done. Usually, diet books have good advice but boring recipes, especially from an international standpoint. I was blown away with the nutritional information, psychological insights into dieting, and wonderful recipes that this book contains. Along with its companion book, THE RICE DIET SOLUTION, I've found this book to be a truly inspirational guide in losing weight and improving my well-being. By adapting the authors' suggestions to my own preferences, I've already lost 10 pounds in less than a month without having to be overly confined in my daily food intake routine. I recommend this book highly. I decided that I couldn't do any better. Also feel free to check out my cookbook as follows:Ã  Chicken Soups From Around The World

I rated this four stars..I found the recipes easy to cook with "normal" ingredients; nothing exotic. The taste of the dishes were really good and I did not get hungry. This is a life style change, not just a diet. It takes a bit to firmly commit your mind and remember what you are eating, and really think about just exactly what you are eating and why.

The diet isn't one I would follow but it does contain sound diet information. I am a vegetarian & would probably use or modify some of the recipes. I bought this as a used book & it was in very good condition. Hardly looked like it was used at all. It arrived very quickly, too.

This has some super recipes. I'm going to the Rice Diet and this is an excellent source for recipes.

great recipes !!

I have only been on the diet for 2 weeks and it actually works!! I have about 35 lbs to lose, and lost 4 lbs the first week. It looks like weight loss will be around 3-4 lbs for the 2nd week too. I have been on so many diets in the past. The thing that makes this work, is that it is a simple regimen to follow, no guesswork, just follow the daily plan for food portions. The starch servings allowed at each meal keep me from getting hungry....and also give my body energy. I am glad that I bought this book instead of The Rice Diet Solution. Other reviewers said that the other book contained all kinds of eastern religious stuff. This book has some of that focus also. I have read some of the original writings of Dr. Kempner, and never saw anything on that type of spiritual focus mentioned. I am sure that Dr. Kempner never intended for his diet plan to have that focus.....and it is too bad that they had to include that in this book. But if you follow the diet plan...it does work!

I bought the Cookbook after a couple of months of already doing the Rice Diet. There are not a lot of recipes in it that I use (I'm a "fussy eater") but it gives me great ideas for making my own creations. I lost 42 lbs in less than 4 months on the Rice Diet, and I'm still going. If you're looking to lose weight, or just want to eat healthier, and you like an array of foods, this will be a fantastic book for you!

This is an older diet but the receipes are healthy and delicious. Todays grocery prices being what they are I found this book very helpful.

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