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# **Eat To Live Bible: The Ultimate Cheat Sheet & 70 Top Eat To Live Diet Recipes**

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**EAT TO LIVE BIBLE**

The Ultimate Cheat Sheet &  
70 Top Eat To Live Diet Recipes



Samantha Michaels

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## **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**

I received the Kindle version of this book for free in exchange for my honest review and opinion. In light of this situation, and being an avid reader of books on healthy eating, I expected to learn something new and pick up some new, healthy recipes. Sadly, this was not the case. Apparently this book is based on the Eat To Live diet by Dr. Joel Fuhrman. A cursory read of that book leads me to the sad conclusion that this is a weak, incomplete summary of Dr. Fuhrman's research and

conclusions. I can't speak for the physical book, but the Kindle version is rife with incomplete and run-on sentences, examples of poor grammar, typos, and a general lack of direction and organization. I'd like to note a few of these issues so those with the paper copy can compare and see if this is just an example of poor conversion to the electronic format. The first issue I have with the content of the 'Eat to Live Bible' is its regular references to Dr. Joel Fuhrman. Though his name is mentioned many times in the book, reference to his book 'Eat to Live' didn't appear until the 6th chapter. The arguments presented in this book lean on him as proof of their validity with limited support for the veracity of his finds. Another issue I encountered was a lack of supplementary visual material. For example, in Chapter 2, references are made to a BMI chart and equation but both items are missing. I tried opening the book on numerous devices but the chart and equation did not surface. This brings us to the grammatical issues that made this book a very difficult read. Here are four grammatically incorrect sentences that I pulled at random from the first few chapters: 'In fact, the body depends much on it more than any other nutrients.' 'Therefore, you should not fear good carbs or stay away from it as if it is a plague.' 'This is the kind of diet where the food that enters the body has empty calories, which is more popular as junk food.' 'Food low in calories yet rich in nutrients and fiber fill up your stomach that will prevent you to feel unnecessary hunger to overeat.' My hope and assumption is that that author does not speak English as her first language, but I do wonder where the editor was in the production of this book. After fighting my way through the first four chapters and struggling to follow the unorganized layout, I decided to jump ahead to the recipes. My first impression was not very positive as the first few recipes consisted of blanching and seasoning vegetables. A discussion on the merits of blanching and eating whole vegetables would have gone a lot further than several recipes of the technique with different ingredients. There are no logical breaks indicating where one recipe ends and another begins, and there are too few pictures to give me an idea of what the finished product should look like. The recipes themselves consist of a name, an ingredient list, a list of other utensils you might need, and a few instructions for preparing the dish. There was no description of what the finished product would be and no reference to how the recipe fits into the health claims of the earlier chapters. Again there were a lot of formatting issues, especially with missing spaces. In light of the difficulty reading the recipes in this particular book, I will refer to the author's "Vegan Cookbooks" series for culinary inspiration.

I am extremely disappointed with this book. It is poorly written, meaning there are major problems with sentence structure and even typographical errors. It could have done with a good editor. Despite the very American name of the author, it feels like it was written by someone who does not

have a grasp of American English. It also has the feel of someone who knows a little bit about the nutritarian lifestyle, then tried to market the information for their own benefit. The recipes do not follow Nutritarian guidelines. There is a lot of all-purpose flour involved and the author seems to think brown sugar or white sugar can be replaced with "any baking friendly artificial sweetener of your choice." This makes me suspect that they don't know a lot about cooking, nutritarian or otherwise. There are few pictures with the recipes, so you have no real idea what you might get if you do dare to make them. And the photographs in the book, including the cover, give a strong sense of being stock photos you can download anywhere. If you are truly interested in nutritarian cooking, you need to avoid this book. If I could give it less than one star, I would. I will be deleting this from my Kindle.

This is a good book of recipes. Most of the recipes have nutritious legumes in them, as well as lots of vegetables, which I love. This is the kind of food that I like to eat. It is also full of Mediterranean recipes, and new inspirational ideas I like. I don't really care about the pre-face of the book that takes up half of the book - seems like everything I have read or seen before, and sounds like a lot of text, and theory, not very personalized - no personal touch, so it is not very interesting to read. As for the recipes, they have not been properly formatted, so no titles are highlighted, and it is really difficult to read - everything just becomes one whole text, and it is hard to see where one recipe ends, and the other one starts. Other than that, it is an interesting book to read, and I will definitely try recipes from it. Sample was provided free of charge for reading and a review.

I liked this book and the concept there in. It offered an interesting approach to dieting that I never really had entertained. I liked that the book was hyperlinked in the table of contents so you could jump right to the recipes in the book. The ultimate cheat sheet is the first one I've read that makes me want to try and follow this plan. It's an easy approach to lose weight and something I think that even the most undisciplined could learn to follow with ease. There are 5 salad recipes, 10 condiment, dip, and dressing recipes, 9 homemade bread recipes, 10 legume and grain-based recipes, 9 soup and stew recipes, 4 vegan burger recipes, 5 vegan dessert recipes, and 18 juice and smoothie recipes. I think that is a great beginning to start a diet. The recipes sound delicious, however, are a bit time consuming and somewhat ingredient intensive. My only negative about this is the grammatical errors and the lack of the information to do your own BMI calculations. Other than that Not to bad. \*\*I received this book at discount for my honest and unbiased review\*\*

I highly doubt Dr. Fuhrman would approve of this book! The recipes include eggs, meat, OILS, processed flours and other things that the doc does NOT recommend!! I was looking for oil-free, vegan Fuhrmam approved recipes, NOT this junk!! Very upset and disappointed.

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