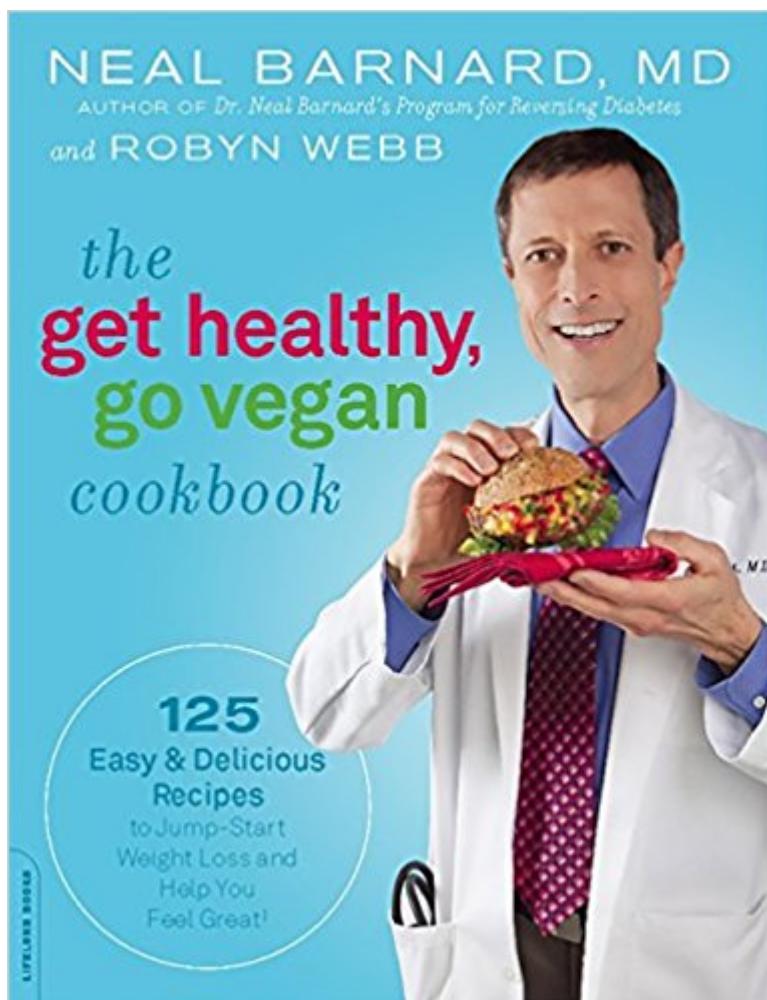


The book was found

The Get Healthy, Go Vegan Cookbook: 125 Easy And Delicious Recipes To Jump-Start Weight Loss And Help You Feel Great



Synopsis

In Dr. Neal Barnard's *Get Healthy, Go Vegan* Cookbook, the country's leading diabetes team weighs in on America's hottest dietary trend. The cookbook is based on a landmark two-year study conducted by Dr. Barnard, which showed that a vegan diet more effectively controls type 2 diabetes. In fact, it's also beneficial for weight loss, the reversal of heart disease, and the improvement of many other conditions. Dr. Barnard and nutritionist Robyn Webb now offer easy, delicious meals to improve your health. Featuring 125 flavorful recipes, readers will find all-occasion dishes that use familiar ingredients and require minimal effort. All recipes are free of animal products, low in fat, and contain a low-to-moderate glycemic index. Barnard and Webb explain how diet changes can have such dramatic health effects and provide simple ways to get started. With convenient menus, scientifically proven advice, and inspiring stories from real people who have used Barnard's recommendations to turn their health around, there's no better cookbook to help you eat well and feel great.

Book Information

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Customer Reviews

HealthyVoyager.com, 8/2/10 "I was over the moon when I received [Dr. Barnard's] cookbook. Teamed up with nutritionist Robyn Webb, these 2 knock it out of the park! What is great about this cookbook is that it isn't just recipes. It explains the benefits of a plant based diet as well as covering how the recipes in the book will assist you in reaching optimal health. Just looking at the ingredients and the variety of dishes is enough to get your salivary glands going. You can't go wrong with The Get Healthy, Go Vegan

Cookbook! • Midwest Book Review, August 2010 “Any library strong in vegan cookbooks must have [this]! It packs in over a hundred easy recipes and pairs them with color photos and explanations from a noted physician who explains the basics of a vegan diet and its health benefits. The dishes are based on ordinary ingredients and take no time! • Any vegan collections must add this! • Curled Up With A Good Book, September 2010 VegNews, December 2010 “Favorite Vegan MD” • A Library Journal, 5/21/10 “A terrific lifestyle guide for anyone wishing to lose weight, cut cholesterol, and reverse the symptoms of type 2 diabetes. After they detail the science behind a low-fat vegan diet, the authors include tons of simple, healthful breakfast, lunch, and dinner recipes for a variety of palates! • Recipes are short and contain detailed information on calories, saturated fat, and vitamins and minerals! • A good complement to Donna Klein’s Vegan Italiano and The Mediterranean Vegan Kitchen, this is recommended for vegetarians and those looking to expand their diabetic cookbook collection. • Blogcritics.org , 6/17/10 “This man is seriously into nutrition. But what about taste? Barnard and Webb’s recipes are especially appealing to those who are not fans of TVP (texturized vegetable protein)! • The first fifty pages of The Get Healthy, Go Vegan Cookbook serve as a primer on vegan cooking, the health-benefits of a vegan diet, and nutrition! • For the appetizer lover, there are plenty of spreads and finger foods! • Ethnic dishes, main dishes, soups, desserts! • there are plenty to tempt you! • Bottom Line: Would I buy The Get Healthy, Go Vegan Cookbook? With vegetarians and vegans in my family, I need it on my kitchen bookshelf, but! • let’s face it! • there are plenty of offerings that everyone, regardless of diet, can enjoy. •

Neal Barnard, MD, is founder and president of the Physicians Committee for Responsible Medicine and author of fifteen health and nutrition books. Robyn Webb, MS, is food editor of the ADA’s Diabetes Forecast magazine. They each live in Washington, DC.

I am a junk food vegetarian and admit it without shame. Well, maybe some shame. I’m trying to turn over a new leaf, and have reduced the junk to a new low. Adding more whole grains, fruit, and vegetables while reducing added fat has had a profound effect on my taste buds and junk isn’t as appealing. There is no junk whatsoever in his cookbook and I love it! If you are new to low fat and low sodium cooking, the recipes may take a little getting used to. My husband, for example, went crazy with the salt shaker and called a few dishes bland. To me they were delicious. I’ve been stuck on soup and stew recipes for the most part and they have been mostly well received by the omnivore

family. The French Country Stew in particular has been in heavy rotation since I received my copy in December. If you are looking for healthier alternatives to your usual veg fare, then this is a must-have.

I chose this rating because Dr. Neal Barnard has a great writing style that explains how the body functions, why animal products are unhealthy food choices, what a proper diet consists of, and then presents a host of recipes to enable you to transition to a healthy but tasty new diet for life. There are several books by other authors with a similar message based on proven research but Dr. Barnard's research, published papers, and TV appearances place his work at the pinnacle of the art. Get it; you will not regret it.

New in 2010, Dr. Neal Barnard and Robyn Webb's book, The Get Healthy, Go Vegan Cookbook, is going to be one of my go-to cookbooks. More than just a book of recipes, there is an opening section that addresses the research and science behind plant-based, whole foods eating, supplementation, losing weight, lowering cholesterol and blood pressure and staving off Type 2 Diabetes and cancer. Recommendations for what to keep on your pantry shelf are also included. Since I am trying to get my blood sugar normalized, I was particularly interested in the Diabetes section. I learned about low-glycemic index foods and as a result have added pumpernickel and rye bread to my diet. I also learned how daily cinnamon can help reduce blood sugar levels. The "recipes and menus" section is organized by breakfast, lunch and dinner, snacks, dips and desserts, and recipes for entertaining. There is also a 3-day menu plan. The appendixes are useful as well, featuring a "quick and easy shopping list" and lists of convenience foods. One really nice feature is the "Did You Know" boxes that appear on many recipe pages. For example, on the recipe for "French Country Stew," you also get a bonus recipe for making butternut squash French fries. On the "Hummus Pizza" recipe, this little box tells you about beans and fiber and how fiber helps control blood sugar and provides a steady supply of energy. On the down side, there is a centerfold of 8 pages of color pictures. I would much rather have seen the pictures placed on the recipe page itself. Also, I have to admit that the index could use improvement. For example, I was looking to see what there were for veggie burger recipes, and did not find "burgers" in the index. I thought that was curious seeing as Dr. Barnard is pictured on the cover with a veggie burger in hand. So I searched and found three burger recipes in the lunch section. So why "burgers" does not appear in the index is beyond me. For recipes, so far I have tried the "Italian Chickpea Nibbles," which were "OK." The "Basil Pesto Spread," made with tofu, is very tasty but definitely not pesto. I

am experimenting with ways to use this tasty spread. I made the "Smoky Barbecue Sauce" which came out a little thick, but thinning it down was easy. It's delicious! I found the "Black Bean and Corn Salad with Lime" needed more flavor. Another easy fix! This is a great cookbook! I totally recommend it!

Great information, and recipes, especially if new to the idea of giving up animal protein. Always wish recipe books included pictures, only complaint.

I have been a fan of Neal Barnard for years! I have started quite the library of his works. :) I enjoyed having a new book of recipes to try and as always learn from his writing. Having had dipped into the vegan cookbooks; one can get intimidated by fancy ingredients. However, as par for his style, his recipes are simple and so doable. Thanks Neil for keeping America inspired by the benefits of a plant based diet. :)

This book is great for someone who likes to cook. I DO NOT...if you are like me and hate cooking, look for a 30-minute type cookbook instead. I have tried a few recipes and they are yummy so it would be great to add to your cookbook collection. By the way, eating Vegan is (by far) the EASIEST weight loss plan I've been on. I dropped a size in 21 days and felt GREAT! I didn't even exercise. I plan on going Vegan for longer than 21 days now, as I find I feel so much better eating that way. Give it a try.

Dr. Barnard makes eating healthy, easy, and fun. My sister recommended this cookbook to me last year, and it really is a winner. Even if you aren't vegan, all the recipes are easy to prepare and delicious. You can always "doctor" the recipes by adding ingredients. The spices help make each dish really zippy. Over the Christmas holidays, my vegetarian son and I made the Vegetable Paella. As the recipe is written, it's great. But, we "doctored" it & threw in more vegetables so we would have more servings. This cookbook makes a perfect gift...especially to yourself.

Good read. I wish I still had the book.

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(Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)

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