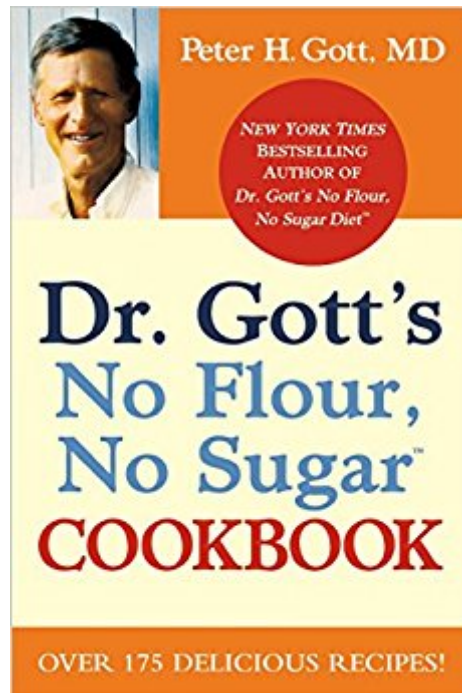




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# Dr. Gott's No Flour, No Sugar(TM) Cookbook



## Synopsis

During his forty years of medical practice and in his nationally syndicated column, Dr. Peter Gott has been asked constantly by patients and readers for a simple, foolproof way to lose weight. In response, he developed the No Flour, No Sugar Diet, which has prompted countless success stories from his patients, thousands of letters from his readers raving about their phenomenal weight loss, and his first> bestselling book, allowed! In this book, Dr. Gott shows how easy it is to experience a variety of wonderful meals (including dessert!) while eliminating flour and added sugar from your diet. Say good-bye to bagels and cakes-and enjoy lean meats; potatoes; rice; low-fat dairy products; vegetables; flourless, sugar-free cookies; and fruits. The inexpensive and nutritious dishes make maintaining this diet a snap for everyone, with recipes such as: Soups: Creamy Tomato, Turkey and Barley, Cuban Black Bean Entrees: Asparagus and Chicken Pasta, Stir-Fried Beef with Bean Threads, Jasmine Turkey Rice

## Book Information

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## Customer Reviews

This companion to Dr. Gott's No Flour, No Sugar Diet has more than 200 recipes. A recap of Gott's program explains why readers should eliminate flour and sugar from their diets, identifying the high-calorie, nutrient-deficient foods that are made from them as major factors in the escalating weights of adults and children in the U.S. To avoid obesity, heart disease, diabetes and other life-threatening illnesses, Gott shows readers how to replace empty calories with tempting alternatives for meals, snacks and desserts. Gott acknowledges that stress and limited time lead many to choose unhealthy fast foods, but the difficulty of finding no-flour, no-sugar prepared foods

in many locations means followers must cook at home. Fortunately, these recipes (some contributed by readers of his book and nationally syndicated newspaper column) are quickly prepared. For example, a simple syrup made of dates and figs turns hot cereal into a special treat; crepes made with arrowroot powder are a delicious alternative to wraps; and meat, cheese and nuts, often reduced or eliminated on diets, are permitted. (A casserole based on an English meat pie contains ground pork; an adaptation of the Philly Cheese Steak calls for provolone; and Gott's sweet-and-sour nuts blends pecans, cashews and almonds.) Frequently, Gott's recipes include artificial sweeteners, which he says are safe and effective. (Jan.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an alternate Paperback edition.

Shows readers how to replace empty calories with tempting alternatives for meals, snacks, and desserts. Publishers Weekly

My husband and I have been trying to lose weight for a long time. We bought both the No Flour, No Sugar Diet book and the No Flour, No Sugar Cookbook. We have been able to lose around 10 pounds each in around 2 weeks. The first book is clear to understand because it is written in clear English, no medical mumbo-jumbo. The cookbook has inspired my husband to cook new recipes and I'm impressed, not only some of those recipes are true delicatessen, but also easy to prepare. The cookbook also has inspired us to create our own recipes, such as oatmeal crepes, they are delicious!. My son who is not on a diet ate two the other day and he never realized they weren't made of flour. The spaghetti squash is another discovery in that book. I'm a fan of spaghetti, and although the consistency of the spaghetti squash fibers is not exactly as real noodles, once we mix them with the sauce and meat, they just taste like some fancy special wheat spaghetti. My husband also has made some peanut butter from scratch and mixes it with oatmeal and splenda and they are a treat we eat sometimes. The only way to know how good this diet is, it is by starting. Now we are feeling ready to start to do some exercise. Before losing some weight was unthinkable for us.

Good book with practical recipes that can be made out of ordinary ingredients. Fast shipping too.

I first checked out Dr. Gott's No Flour, No Sugar Cookbook from my local Library and found myself tagging recipe after recipe, so many that I found it smarter to just purchase the book. I am not disappointed, easy read and good recipes.

Love this book. Great recipes. No crazy Ingredients that you don't have. Lots of variety

I found this book to be very helpful. I suffer from migraine headaches and I decided to try and eliminate items from my diet. Eliminating sugar and flour helped a lot. It is easy to eliminate the flour, but the sugar is hard, it is in everything and I think once I figured out how to read the labels and eliminated the sugar my headaches really improved. I did not loose weight though like most everyone claims to have. The recipes are simple and taste great. It really helped me to learn how to convert a lot of my own recipes and apply what I learned.

Great discussion of theory of why to avoid today's refined GMO flours and sugar with nice alternative recipes.

Great recipes especially for lowering blood sugar.

This can't be all bad. So I bought it for a friend that is cooking more with NO sugar No flour.....following JJVirgin, so I hope she enjoys the recipes and I have ordered another Dr. Gott's cookbook. Check it out first at the free library and then buy it for yourself and friends. Stay healthy.

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