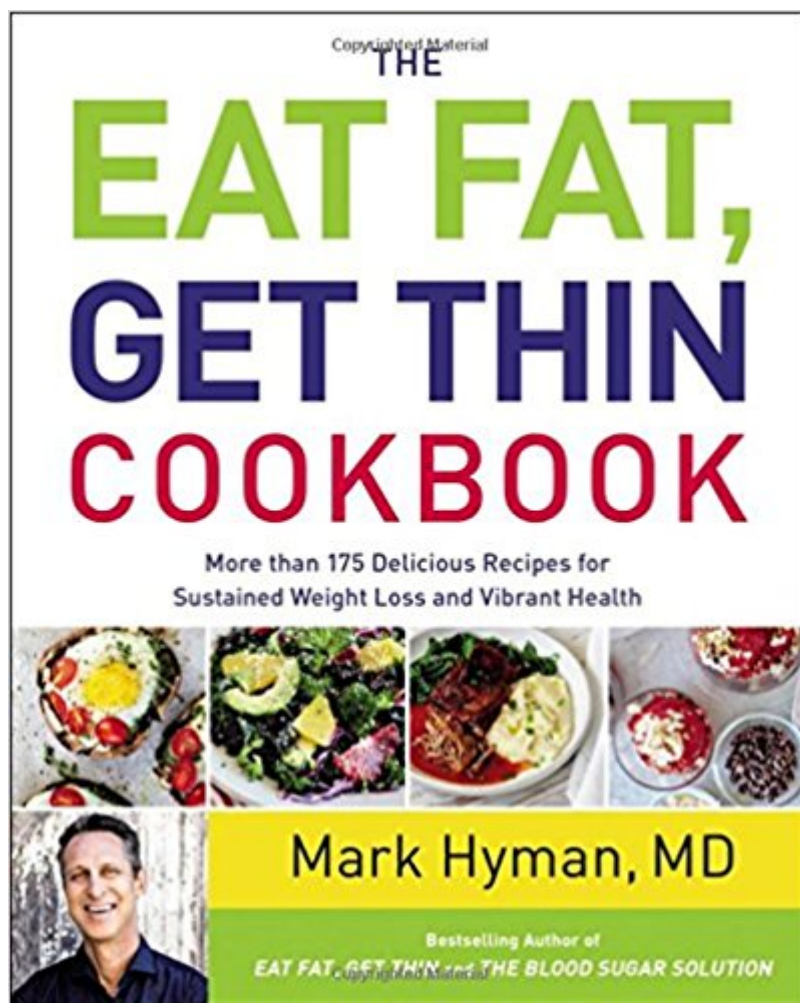




The book was found

The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes For Sustained Weight Loss And Vibrant Health



Synopsis

The companion cookbook to Dr. Hyman's revolutionary Eat Fat, Get Thin, with more than 175 delicious, nutritious, heart- and waist-friendly recipes. Dr. Hyman's Eat Fat, Get Thin radically changed the way we view dietary fat, and proved that the key to losing weight and keeping it off is to eat ample amounts of good fats. Now, Dr. Hyman shares more than 175 mouthwatering recipes to help you incorporate these good fats into your diet and continue on your path to wellness. With easy-to-prepare recipes for every meal--featuring nuts, coconut oil, avocados, and lots of other superfoods you thought were "off limits"--you can achieve fast and sustained weight loss. Your health is a life-long journey, and THE EAT FAT, GET THIN COOKBOOK helps make that journey both do-able and delicious.

Customer Reviews

Praise for Eat Fat, Get Thin"Dr. Mark Hyman has helped thousands of people lose weight and lead happier, more energetic lives. His powerful insights on the dynamics of dietary fat will change the way you think about everyday eating, and show you how easy it is to enjoy a healthier, more satisfying diet."~Toby Cosgrove, CEO of Cleveland Clinic"A great read that helps make sense of all the conflicting information we've come to believe about including fat in our diets. Dr. Hyman shows, yet again, the powerful role nutrition plays in all of our lives."~Maria Shriver"Eat Fat, Get Thin cuts through the big fat lies we've all been fed about dietary fat-including us doctors. Sharing his own experience and that of his many patients, Dr. Hyman lays out a dietary plan that is satisfying, delicious, sustainable, and healthy. Finally we can all kick that low- fat muffin to the curb. And get our slim, healthy bodies back!"~Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom

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