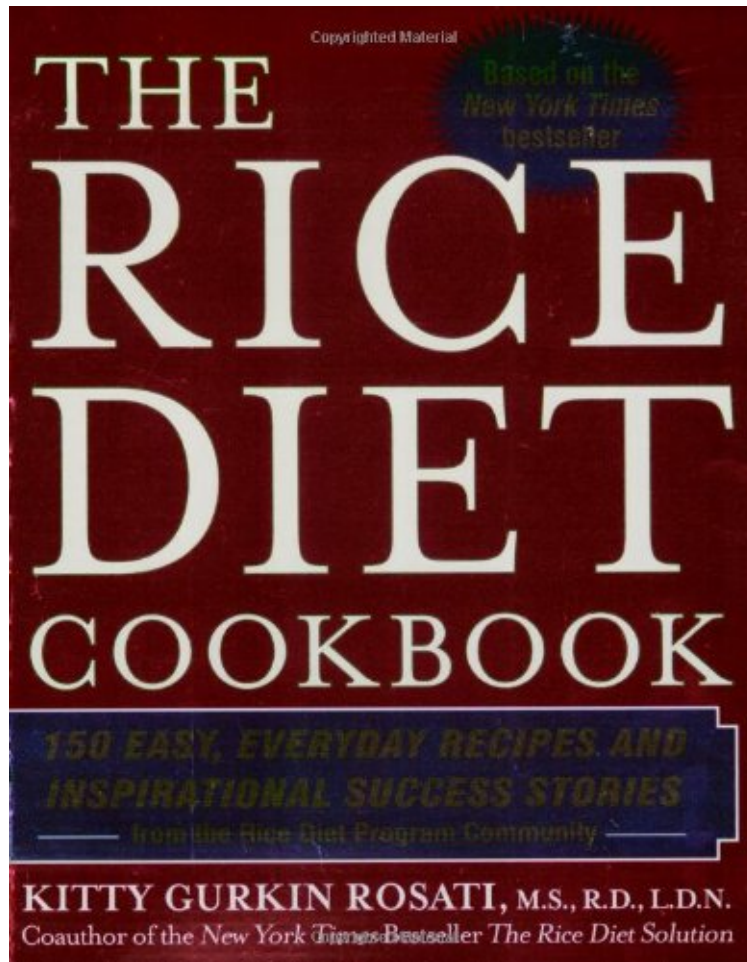


[Download free pdf] The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community

## The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community

*Kitty Gurkin Rosati, Robert Rosati*  
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**Kitty Gurkin Rosati, Robert Rosati : The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community:

13 of 13 people found the following review helpful. Excellent book for dietary advice and great recipes too! By cat cohen 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: *Chicken Soups From Around The World* 7 of 7 people found the following review helpful. Easy recipes, good eating and easy reading By jan marshall 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. 0 of 0 people found the following review helpful. Great Cookbook By dot This is a great cookbook! It's too bad the Rice Diet Program is no longer in existence....Dr. Kempner was a genius!

Based on the New York Times bestselling *Rice Diet Solution*. After the success of *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. Includes such recipes as: Basil-Mint Quinoa Salad Roasted Red Pepper Lettuce Wrap Zesty Sweet Potato Chips Pan-Seared Sea Scallops Chocolate-Banana Cream Custard Toasted Ginger Papaya And many more!

From Publishers Weekly Call it the anti-Atkins: instead of preaching the weight-loss potential of an endless steak and eggs buffet, this plan suggests a regimen rich in whole grains, beans, fruits and vegetables. The plan allows only limited amounts of dairy or animal protein, urges dieters to avoid salt, exercise regularly and keep a journal to chart their progress. Low-calorie eating and physical activity are commonsense methods of losing weight, and, for the most part, Rosati's level-headed approach is refreshing. Occasionally the author veers toward immoderation, disallowing chicken because it causes "a slight rise in blood pressure or cholesterol," and suggesting that a detoxification is necessary before starting in order to return the body to "a clean, natural state." In general, though, the author is straightforward and reassuring, and heartfelt testimonials from people who have lost huge amounts of weight provide encouragement. Even better, Rosati includes appealing recipes to help readers keep losing weight: Ryan's Crispy Fish Sticks are baked but have a just-fried crunch, and Ilene's Mashed Cauliflower is a deliciously garlicky substitute for mashed potatoes. Desserts, too, are fulfilling, especially a Rhubarb-Dried Cherry Crumble sweetened with fruit and maple syrup; with dozens more dishes to help dieters along, this a complete and satisfying plan. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist Proponents of the rice diet cite its meticulously healthful approach to weight loss. Nutritionally carefully crafted, the rice diet follows in large part the familiar food pyramid, advancing consumption of vegetables and grains and limiting intake of animal protein and fat. It bans virtually no food, but it does encourage radically restricted consumption of red meat and sugar. The word rice fails to convey the full range of grains that this diet promotes. Oats, barley, wheat berries, and rye figure prominently in the diet, depending on one's tastes and preferences. Fish trumps meat as a protein source for its low amounts of cholesterol and other saturated fats. Recipes, sized for family meal portions, come from the program's Durham, North Carolina, center. They show the regimen's diversity within its own broad bounds and offer a broad range of ideas for anyone who wants to follow this diet for an extended period. Mark Knoblauch Copyright American Library Association. All rights reserved. About the Author Kitty Gurkin Rosati, M.S., R.D., L.D.N., is a registered dietitian who has specialized in the prevention and reversal of obesity, heart disease, and other chronic diseases. She has more than twenty-three years of professional experience and is the author of *Heal Your Heart: The New Rice Diet Program for Reversing Heart Disease Through Nutrition, Exercise, and Spiritual Renewal*.