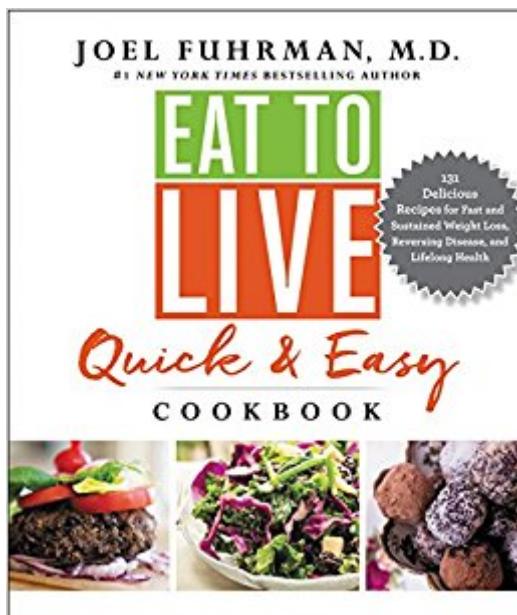


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# **Eat To Live Quick And Easy Cookbook: 131 Delicious Recipes For Fast And Sustained Weight Loss, Reversing Disease, And Lifelong Health**



## Synopsis

Discover What Millions of People Have Already Experienced-- Dr. Fuhrman's Extraordinary and Life-Changing Recipes. Too busy to shop? Too tired to cook? Not sure what's healthy? From the #1 New York Times best-selling author of Eat to Live and the instant New York Times bestseller Eat to Live Cookbook comes Eat to Live Quick and Easy Cookbook, 131 super delicious, easy-to-prepare, incredibly healthy recipes. No guilt, no-fuss, just amazing food that's good for you. From the grocery store to the kitchen table, Eat to Live Quick and Easy Cookbook is just what you and your family have been looking for to become happier and healthier than ever before.

## Book Information

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## Customer Reviews

Discover What Millions of People Have Already Experienced. Dr. Fuhrman's Extraordinary and Life-Changing Recipes. Too busy to shop? Too tired to cook? Not sure what's healthy? From the #1 New York Times bestselling author of Eat to Live and the instant New York Times bestseller Eat to Live Cookbook comes the Eat to Live Quick & Easy Cookbook, 131 super-delicious, easy-to-prepare, incredibly healthy recipes. No guilt, no fuss; just amazing food that's good for you. From the grocery store to the kitchen table, the Eat to Live Quick & Easy Cookbook is just what you and your family have been looking for to become happier and healthier than ever before.

JOEL FUHRMAN, M.D., is a board-certified family physician and nutritional researcher who

specializes in preventing and reversing disease through nutritional and natural methods. Dr. Fuhrman is the research director of the Nutritional Research Foundation. He is the author of several books, including the New York Times bestsellers Eat to Live, Super Immunity, Eat to Live Cookbook, The End of Dieting, and The End of Diabetes. ROBERT PHILLIPS was a Vice President at Merrill Lynch suffering with sarcoidosis, a serious health condition that effected his breathing. Six months after discovering Dr. Fuhrman's approach, his condition was completely reversed, and he quit his job at Merrill Lynch to help launch Dr. Fuhrman's member support website. Robert continues to write and conducts research at Drexel University in the field of Social Energy. Robert lives in New Jersey with his wife, Marcia and two children, Joseph and Jacob. He has two other grown children, Joey and Jennifer.

I've purchased all of Dr. Fuhrman's cookbooks, even the Drop 10 in 20 PDF from his website (which has some quick and easy recipes that are great as well) and all of them have their merits. The previous cookbook book (200 recipes) has more complicated recipes that are also have their place when you want to step it up. But this one has microwave recipes!! Which I think is great when you don't feel like cooking or you just don't feel like eating what you have already planned for the week. Get them all! I've lost 5 lbs already and I've only been on this Nutritarian diet for 2 weeks!

Forewarning: I am neither a strict nutritarian nor anywhere close to being vegan. I am not overweight, but am trying to lose a few pounds I gained when I hit 40. That said...I like this cookbook. I am the single working parent of an active preschooler. I want to eat more plant matter, but I can't take forever to cook things. This book is great for quicker meals (many take a while to cook but the hands on time isn't that much). I was able to wing a bunch of recipes pretty quickly, although I had a lot of veggies chopped and prepped from the weekend (I highly suggest doing that. It helps a ton). So far, I have made the several recipes. I liked all of them. However, I should say that I do tend to make substitutions and change things around a little based on what I have on hand. This means that I occasionally add a little cream or a bit of chicken to an otherwise vegan recipe, and yes, I still cook with oil I want all the plant nutrients and benefits, but the phrase "water-sautee" just gives me the heebie-jeebies as much as the sound of the wooden spatula scraping the bottom of a watery pan does. Again, I'm not bent on losing weight - just on trying to get more whole veggies. Here's what I've tried so far: Green Lemonade (p 45) - Very good. I subbed baby spinach for kale because that's all I had. My son has been on a no-smoothie kick and also a Ghostbusters kick, so I nonchalantly began drinking this in front of him until he was intrigued and then I told him it was

slime and he drank the whole rest of the cup. Hint: this does not taste like lemonade. It tastes like a citrusy green smoothie. But we both liked it. Green Bean Salad with Lemon Basil Vinaigrette (p84) - I can't have almonds (they really jacked up my thyroid - yes, that can happen... woohoo almond milk) so I subbed cashews. No fresh basil, so I used dry. I ate the salad with the green beans still warm and I topped it with a little feta. The dressing was really good. - I had extra left over for several salads. My son doesn't like tomatoes all that much, so he ate green beans and snarfed down feta out of the open container. He did have several bites of the actual salad to make me happy and he didn't seem horribly offended by the taste. Mexican Style Spaghetti Squash with Guacamole (p181) - I just made the whole recipe, except I didn't make spaghetti squash. I can't really get myself to like the stuff, probably based off the terrible trauma of my mom trying to trick me with it instead of actual spaghetti one day when I was a kid. I stuffed the guac/bean mixture in an Ezekiel sprouted grain tortilla and ate it that way. It was good. Then, I added salt, and it was better. But you're not supposed to do that. :D My son ate avocado and something unrelated to the book (I think some mac and cheese with a half gallon of mashed carrots blended into the cheese sauce). Carrot and Red Lentil Soup (p121) - I followed this one pretty much to the letter and then I cracked and added tiny bit of cream to it. It was so thick it ended up being more like a sauce, so I poured it over some rice and both my son and I ate that for dinner. My son liked it when we were making it, and then he decided he wasn't sure, but he still ate it although he worked around the kale. Had I cut it up smaller, he wouldn't have complained on that. I liked it a lot. My dog licked to pot and he liked it, too. All were happy. The weirdness: This book has great pictures, but sometimes you've got ingredients clearly pictured that aren't in the actual recipe. Like, one soup has big chunks of onion floating in the soup, but the ingredients called for minced, dried onion. It may, however, have magically rehydrated and expanded, but I'm not sure. A pomegranate salad calls for pomegranate juice but no actual pomegranate. The picture shows a salad full of pomegranate seeds. It was perplexing. The ugly: Even if you think you eat a lot of fiber already, take it slow. I went from eating a lot of veggies and whole grains as it is to eating all of these meals in two days. To put it politely, I was quite sure I'd gotten the stomach flu. I might up the white rice for a while.... I am trying the Gingery Red Lentil Butternut Soup, the Mushroom Barley Soup, and the Kale and Bean Pasta relatively soon as I have all the ingredients. I may add chicken to the latter and maybe a tiny bit of bacon to the second one for flavor. Dr. Fuhrman does say you can do 10% non-compliance (and he doesn't push complete absence of animal products - there are non-vegan recipes in the book), so that's my 10%. I hope I'm not horribly offending anyone... for real. I do most of my shopping at Aldi and I was able to get a lot of food there, but I did do Fresh delivery to my house to get a ton of vegetables I wanted last

minute. Most of the ingredients are pretty easy to source at your local supermarket. Anyway, good book of recipes and good flavors, though I can't vouch for the health aspects as I'm not really in it for that. Quite a lot you can turn into family recipes or kind of alter for your kids if they are open to trying things. Good luck and take it slow!

I love this book because it has lots of good recipes that I can make easily and I know the ingredients are what I need. I have been vegan for a while and there are lots of vegan cookbooks out there but some add lots of sugar or fat and then they aren't healthy. This book is different.

A lot of easy to follow recipes that are in line with the Furman nutritarian philosophy. If only I had the discipline to follow it as rigorously as I know I should.

I have tried about 5 recipes so far. They have been very good. More important, the diabetic in the house liked them. Directions are clear. Most ingredients can be found in the local market.

The recipes look easy, not too many ingredients. All good, healthy and mostly vegan (but not all). Nice photos and layout of the book, too.

Service awesome, book delivered quickly! Love recipes for healthy living! I feel so healthy!!

Joel Fuhrman is the best at helping people learn to cook and eat well!!

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