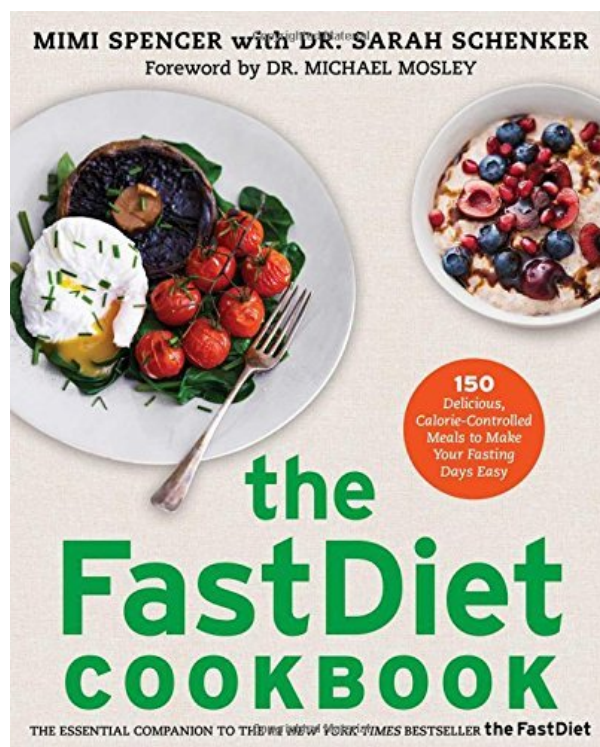
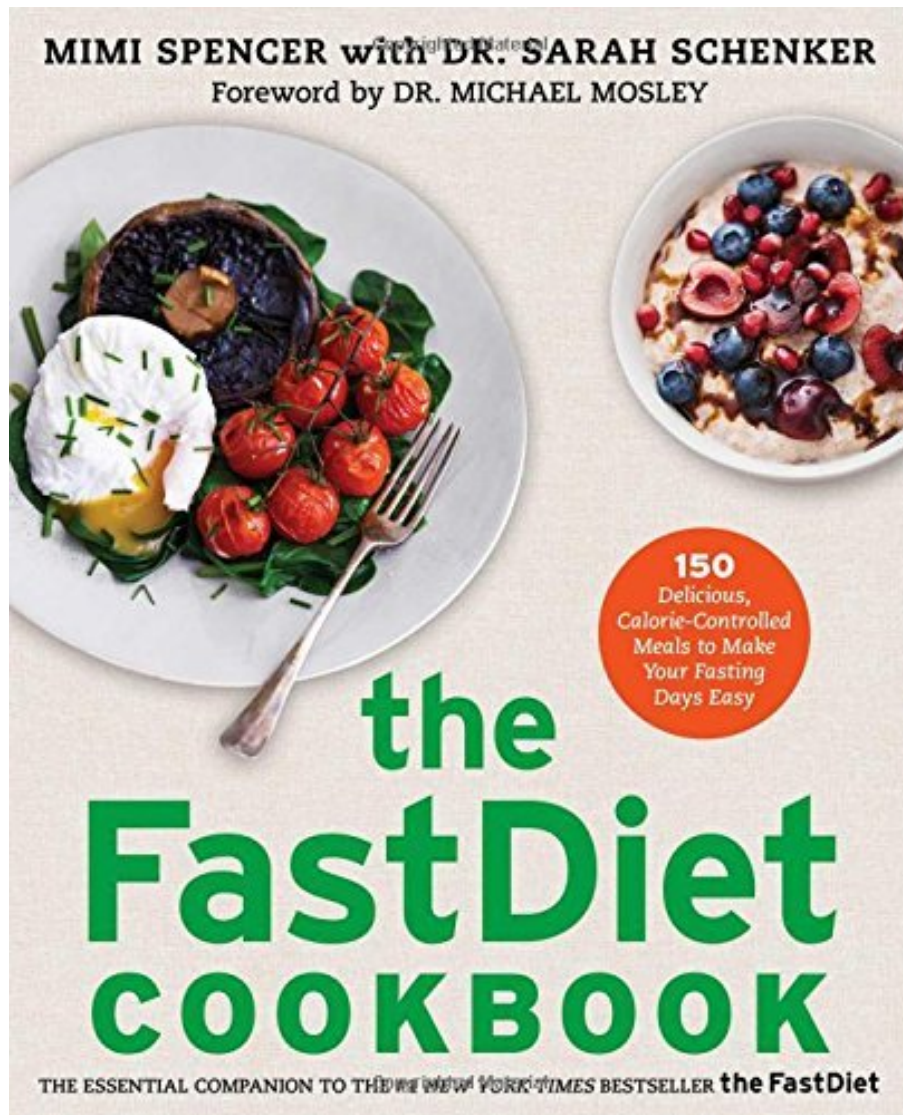


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The indispensable companion to the #1 New York Times bestselling diet book Enjoy delicious low-calorie meals that can help you lose weight, become heart-healthy, and lower your risk of major diseases. the FastDiet became an instant international bestseller with a powerful life-changing message: it's possible to lose weight and reduce your risk of diabetes, cardiovascular disease, and cancer, all while eating what you would normally eat five days a week. You simply cut your caloric intake two days a week to 500 calories for women, 600 for men. Now, the FastDiet Cookbook offers 150 nutritious, low-calorie recipes, ranging from simple breakfasts to leisurely suppers, enabling you to incorporate the FastDiet into your daily life. With this indispensable companion book, you will never have to worry about planning your fast days again!

- Sales Rank: #5560537 in Books
- Published on: 2013-07-02
- Binding: Spiral-bound
- 272 pages

Most helpful customer reviews

101 of 107 people found the following review helpful.

Disappointing

By uc

First the good: the recipe instructions are clear, and relatively easy to follow; the photographs, although not present for every recipe, are abundant and well done.

Now the bad: too many of the recipes are what I would call "exotic" (at least for American tastes), with hard to find ingredients. Things like: tamagoyaki, shiitake noodle dashi, calabaza con acelgas, tomato dahl, sashimi, bagna cauda, cottage fish, etc. Ingredients like pomegranate molasses, harissa paste, celery root, gravlax, mirin, and cavolo. Also, very, very heavily weighted towards vegetarian dishes. Look, I wasn't expecting meatloaf and fried chicken, but I was hoping for a better mix than what I got.

I'm also really disappointed that the only nutrition information provided is the calorie count. No indication of protein, fats, carbs, sugar, sodium, cholesterol, etc., that would help one to create a balanced fast diet day, especially for those of us who really like to keep track of one or more of those things.

16 of 16 people found the following review helpful.

Diet is great, book is bad

By LH

I was so disappointed in this book. I really liked the simple recipes listed in the back of the original Fast Diet book. The recipes in this cookbook are very much geared towards the British in terms of taste and ingredients. And they aren't particularly quick and easy.

The great thing about the Fast Diet is that I don't focus on food two days a week. I just want something super simple and low cal. I was hoping for more recipes like the easy ones in the diet book.

30 of 31 people found the following review helpful.

Great Principles and Recipes; Seems to be Working

By Amazon Customer

I like this and the "Fast Diet" book a lot. I feel good after following it for three weeks and can't wait to get to a scale to weigh myself. My pants are looser.

Both books, though, are rather confusing in their layout (this one IS better than the diet book). It's so cumbersome to sift through all the testimonials, promotion, and selling of the diet to get to the nuts and bolts that I almost gave up. There are facts and tips embedded on those segments. I don't need twenty different stories about the fact that the diet works. The diet sells itself; just stick to the facts, please. I rate it four stars for its' usable content. The FastDiet Cookbook: 150 Delicious, Calorie-Controlled Meals to Make Your Fasting Days Easy

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