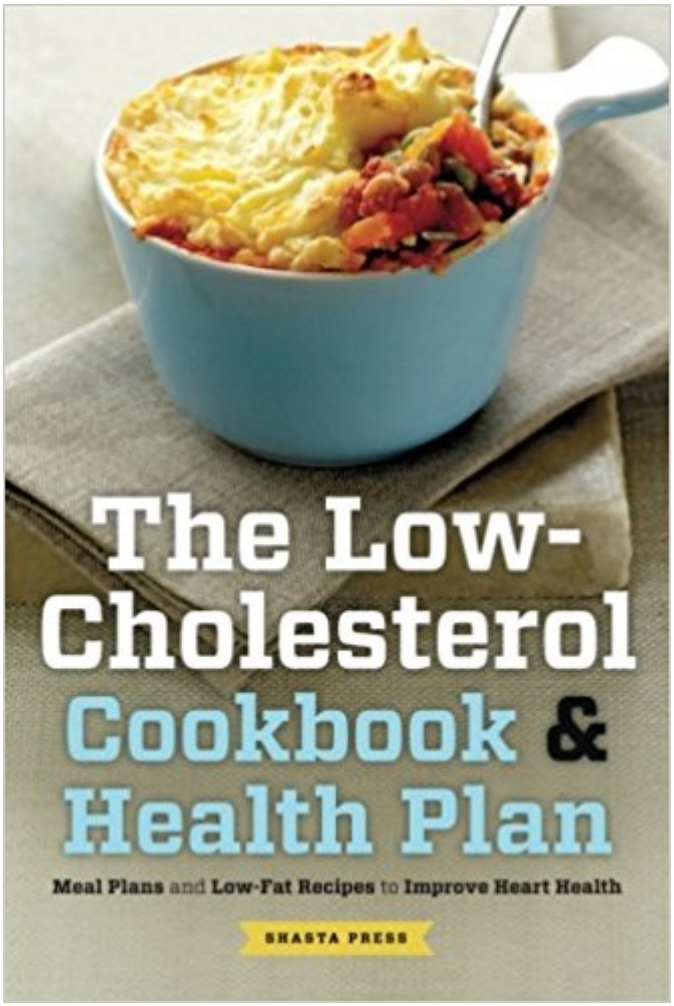
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Low Cholesterol Cookbook & Health Plan: Meal Plans And Low-Fat Recipes To Improve Heart Health



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Synopsis

#1 BESTSELLER TheÃ Â Low Cholesterol Cookbook & Health PlanÃ Â will make it easy for you to achieve low cholesterol by helping you make smart changes to your diet. The innovative low cholesterol "1 + 1 - 1 Eating Plan" will show you how to choose the best low cholesterol foods, how to add foods that increase good cholesterol, and how to subtract the ones that increase bad cholesterol. With more than 100 quick and simple-to-follow, low cholesterol recipes, and a no-nonsense guide to understanding what your cholesterol numbers mean, this unique cookbook and health guide will give you a practical eating program to help you see amazing results.Ã Â Whether your goal is to drastically lower your cholesterol or simply feel better,Ã Â The Low Cholesterol Cookbook & Health PlanÃ Â makes it easy to enact positive changes with:Ã Â Ã¢â ”Â• More than 100 flavorful, low cholesterol recipes, including Classic Meatloaf, Flourless Chocolate Cake, Salmon Burgers, and Guilt-Free French FriesÃ Â Ã¢â ”Â• Detailed nutritional information for each low cholesterol recipeÃ Â Ã¢â ”Â• Information on accessible and delicious foods that help increase good cholesterol, plus what foods to avoidÃ Â Ã¢â ”Â• Low cholesterol substitutions and alternatives for cooking and bakingÃ Â Ã¢â ”Â• A 14-day meal plan to launch your low cholesterol dietÃ Â With practical advice and everyday guidance to lower your cholesterol levels,Ã Â The Low Cholesterol Cookbook & Health PlanÃ Â is your plan for better health.

Book Information

Paperback: 188 pages

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Average Customer Review: 4.4 out of 5 stars 86 customer reviews

Best Sellers Rank: #84,223 in Books (See Top 100 in Books) #34 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #80 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #135 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

This book gives you the 1+1-1 eating plan, where you eat foods to increaseyour good cholesterol and foods to decrease your bad cholesterol. It evenhas some tasty sounding recipes for entrees, desserts, sides, etc. Howeverthe recipes are for multiple people (the least is 4 which is good for a family).Also some recipes are high in sodium while others are not. Lastly if youare a diabetic, there is no listing on how much sugar is in each item.Still, worth a read for ideas.

I have read a number of similarly well-conceived books treating health issues and their treatment with diet. This one gets high marks for clarity and simplicity, for explaining cholesterol in just enough detail, and for proposing a plan that-- I'm happy to say-- is largely the one I follow, and I eat well! Elementary principles help, like "1 + 1 - 1": add more low cholesterol foods, eat more foods that increase good HDL cholesterol and reduce arterial inflammation, and subtract foods high in cholesterol and that add LDL. Making these dietary improvements, may increase benefit from, or even better, eliminate need for cholesterol medications. The page design and typography design make the excellent recipes easy to follow.

This cookbook deals with an often discussed but misunderstood subject. We've all heard that too much bad cholesterol can be harmful to our health. Yet enough good cholesterol is also essential to maintaining good health. The Low Cholesterol Cookbook and Health Plan offers a 1 +1-1 14 meal plan. Add foods that are low in cholesterol and increase the good kind. Subtract foods that are high in cholesterol and increase the bad kind. The 1+1-1 meal plan recommends more daily servings of fruits, vegetables, legumes, and nuts than the FDA minimum amount. These plant based foods have no cholesterol. Omega-3 fats, fiber, Vitamin C, and Selenium are also important in a low cholesterol diet. Use less saturated fats, simple carbohydrates, sugar, and salt. What's a correct serving size? Read labels more carefully. Learn how to make better choices when eating out. Dietary changes will help cholesterol medicine work better, or eliminate the need for it. There's a 14 day meal plan. Each day consists of: 3 meals, 2 snacks, and dessert. Several of the recipes appear in the cookbook section. All begin with nutritional information. Most won't take long to prepare. However, exact cooking times aren't always given. Some recipes will require using a blender, food processor, or slow cooker. There are substitutions for some commonly used items. Here is a partial list of the recipes featured.Breakfast: Blackberry Superfood Smoothie, Silver Dollar Oatmeal Pancakes with Applesauce, Cinammon Walnut Loaf, Whole-Wheat Carrot and Apple Muffins, Maple Granola Appetizers and Snacks: Whole-Wheat Parmesan Crisps, Salty and Sweet Popcorn Bars, Baked Potato Chips with Creamy Scallion DipSoups, Stews, and Chiles: Chilled Gazpacho, Garden

Vegetable Soup, Curry Chickpea Stew, Vegetarian Lentil Chili, White Bean Chowder with Cod and KaleSalads: Marinated Tomato and Cucumber, Curried Couscous and Cranberry, Potato PestoSide Dishes: Sugar Snap Peas with Mint and Garlic, Roasted Asparagus with Almond Vinaigrette, Corn on the Cob with Spicy Smoky Butter, Brussels Sprouts with Apples, Guilt-Free French FriesEntrees: Black Beans and Rice, Beefless Sloppy Joes, Tuna Noodle Casserole, Coconut Fish Sticks with Yogurt Dipping Sauce, Salmon Burgers with Homemade Pickles, Shepherd's Pie, Classic Meatloaf with Ground ChickenDesserts: Strawberry Sherbet, Almond-Lemon Cookies, Peanut Butter Cups, Flourless Chocolate Cake This cookbook is very readable in the digital format. Page numbers would have been nice. The advice given here will be very helpful for anyone wanting to have the proper cholesterol level.

The 14 day health plan is perfect because it tells you what you need to prepare, everyday for two weeks. There's plenty of meal variety and you get to eat diverse foods throughout the day. If you're like me and too busy to cook everyday, the book gives you good advice about portion control and preserving some foods in the fridge or freezer for later use.There is also a section about drug-interaction information, and you can take some steps to supplement your diet with the foods that the medication may be stripping from your body. This is great if you don't feel well after you take pills, and you feel like the medication may be doing more harm than good.I also like the fact that this book is focused on a lifestyle change. It focuses on getting just the balance of food, exercise, supplements, sleep and stress relief to make sure that your cholesterol levels remain under control. If you have a family history of heart disease, this is essential. Overall, I give this book 5 stars!

The Low-Cholesterol Cookbook and Health Plan is an easy read. The author thoroughly outlines the effects of good cholesterol and bad cholesterol without reading like a medical manual. The extensive lists of foods that benefit your cholesterol in a healthful or unhealthful offers a lot of different choices as well as tastes. However, some of the ingredients are quite pricy, making this cookbook not for every budget. The side effects of different cholesterol medicines can be drastic. Making this health plan seem invaluable. I was a bit surprised by the high amount of sodium in some of the recipes. As high levels of sodium can contribute to high blood pressure. The recipes have easy to follow directions, as well as quick to prepare. The preparation time and cooking time is perfect for individuals or families that have extremely busy schedules. The resource section allows readers to do more research for their own lifestyle.

If youÃƒÂ¢Ã â ¬Ã â„¢re looking to lower your cholesterol, or just want to prepare and eat delicious, heart-healthy food, then you will love this cookbook. Once you try the simple 1 + 1 ÃƒÂ¢Ã â ¬Ã â œ 1 method described in the book, you wonÃƒÂ¢Ã â ¬Ã â„¢t ever go back to the way you ate before. The simple ingredient substitution options the cookbook offers (like applesauce for oil, or mushrooms and finely chopped walnuts for ground beef) provides inspiration for making all of your favorite recipes a little heart-healthier! Though the recipes in this book will quickly become some of your favorites!

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