Ebook Directory
the best source of ebook

The book was found

Meniere Man In The Kitchen. COOKING FOR MENIERE'S THE LOW SALT WAY. ITALIAN. (Volume 2)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

PAPERBACK INCLUDES FREE DOWNLOAD OF THE KINDLE EBOOKFEATURING OVER 90 LOW- SALT ITALIAN RECIPES FOR ANTIPASTI, PASTAS, FISH, MEAT, VEGETABLES, SALADS, PIZZAS AND DESSERTS.Ã¢â ¬ËœCooking For MeniereÃ¢â ¬â„¢s The Low Salt WayÃ¢â ¬â„¢, is not a diet. ItÃ¢â ¬â„¢s about changing the habit and quiet addiction to salt, but still eating the food you love...like Italian; where the food is full of intensity, as if the land, sun, sea and history are intrinsic ingredients. Discover how easy and fast it is to cook delicious LOW SALT recipes in your home kitchen. Authentic Mozzarella, Ricotta, Mascarpone, Chicken stock, Vegetable stock, Basil pesto, Sumo di pomodoro, Caramelised onion balsamic jam, Tomato brochette, Crostini di pepperoni, Stuffed mushrooms, Purea di fave, Mescciua, Ribolita, Tuscan bean and barley soup, Minestrone soup,Spaghetti Bolognese, Bolognese ragu, Cannelloni Ricotta spinach, Linguine al pomodoro, Pasta e fagioli, Potato gnocchi with sage butter, Pumpkin gnocchi, Gnocchi ragu of mushrooms, Penne alla arrabbiata, Spagetti alla aglio, Spagetti carbonara, Spagetti with squid, Pasta al pesto, Calamari fritti, Grilled squid with cannelli beans, Salmon and orange salad, Tonno alla Palermitana, Breaded ocean fish, Insalata Fruitta di mare, Scabeggio, Salmon fettuccine, Osso Buco, Agnello alla gringlia, Medaglioni di maiale, Roast pork with fig sauce, No salt pork and beef sausages, No salt classic Italian sausages, Arrosto di maiale al limone, Pork with prunes, De Sarno’s lasagne, Classic Italian lasagne, Ragu Napolentano, Bistecca Florentina, Chicken with herb sauce, Fettuccine with chicken, Pollo alls cacciatora, Pollo alls bruno, Barbecued chicken legs, Italian lemon herb chicken, Fennel and orange salad, Insalata Caprese, Condigiun, Pepperonata, Caponata Ricotta spinach lasagne, Insalata di Broccolini, Roasted vegetable lasagne, Roast pumpkin and spinach lasagne. Rosemary focaccia and 15 authentic pizzas. DELICIOUS DESSERTS: Sopranos tiramisu, Pistachio biscotti, Anise and orange biscotti, Zabaglione, Amaretto stuffed peaches, Italian lemon ice, Vanilla bean panna cotta, Sicilian ricotta cassata cake, Fresh summer fruitcake, Strawberry mousse,Balsamic strawberries, Ricotta with honey.Ã¢â ¬Å“Every life-changing event happens for a reason. If "Meniere Man In The Kitchen" finds you on the same Meniere’s journey, there are two essential ingredients I’d like to add here. HOPE and my heartfelt and sincere BEST WISHES for a full recovery very soon. If I can do it, then so will you." M.M "This copyright holder prohibits the use and distribution of their content from unauthorized sources. Support them by purchasing or accessing from authorized sources only. www.dmcaforce.com is the authorized DMCA Agent for this copyright holder." Related tags: Low-Salt Cookbook, low-sodium diet, Low Salt, Health, low salt recipes, low salt cooking, low salt foods, low sodium, low sodium diet, health,recipes, cook, Italian Food, Mediterranean, Italian Cooking, Italian Recipes.

Book Information

Series: Meniere Man In The Kitchen

Paperback: 210 pages

Publisher: Page Addie Press; 2 edition (February 2, 2014)

Language: English

ISBN-10: 0992296463

ISBN-13: 978-0992296469

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.3 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #765,564 in Books (See Top 100 in Books) #122 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Cancer #153 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Low Salt #257 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

Customer Reviews

At the height of his business career and aged just forty-six, the Author suddenly became acutely ill. He was diagnosed with MeniereÃ¢â ¬â„¢s disease, but the full impact of having MeniereÃ¢â ¬â„¢s disease was to come later. He was to lose not only his health, but his career and financial status as he knew it. He began to lose all hope that he would fully recover a sense of well-being. But it was his personal spirit and desire to get Ã¢â ¬Ëœback to normalÃ¢â ¬â„¢ that made him not give up to a life of MeniereÃ¢â ¬â„¢s symptoms of severe vertigo, dizziness and nausea.He decided that you canÃ¢â ¬â„¢t put a limit on anything in life. Rather than letting MeniereÃ¢â ¬â„¢s disease get in the way of recovery, he started to focus on what to do about overcoming MeniereÃ¢â ¬â„¢s disease. These days life is different for the Author. He is a fit active man who has no symptoms of MeniereÃ¢â ¬â„¢s disease except for 90% hearing loss and permanent tinnitus in one ear. Following his own advice he continues to avoid salt, stress, takes vitamins, exercises regularly and maintains a positive, mindful attitude.Meniere Man believes that if you want to experience a marked improvement in health you canÃ¢â ¬â„¢t wait until you feel well to start. You must begin to improve your health now, even though you donÃ¢â ¬â„¢t feel like it.

Very good recipes. Odd that there is no sodium amounts since you start with no salt sdded products. Since the diagnosis I have been glued to how much sodium is in what. But appreciate the recipies they opened my world

Everyone loves this book.

I think the recipes are very creative but I do not eat a lot of Italian food so therefore I gave it 3 stars.I do think it’s great to have Italian without a lot of salt.

It does not shows research why we must follows the recepies.

I really loved Meniere ManÃƒÂ¢Ã â ¬Ã â„¢s new book on Italian cuisine, which throws away the salt shaker. My family came to America from Sicily, and this is exactly the way they cooked. This food is a blessing from heaven, and a powerful magnet for social gatherings with family and friends. Everyone should learn about it because these meals will never be forgotten, indeed family members will remember them decades later, as I do. This book has a host of wonderful recipes, laid out in simple terms, with beautiful illustrations. What you learn from cooking in this manner is that your taste buds come alive when you donÃƒÂ¢Ã â ¬Ã â„¢t use salt. Italians use every kind of vegetable: starting with olive oil, tomato, garlic, onion, eggplant, and potato, adding natural spices and fresh squid, chicken, egg, beef, or pork, and then applying them to steaming pasta. Salt simply dulls the outpouring of wonderful tastes from this medley. The good recipes here are not only important in dealing with conditions like MeniereÃƒÂ¢Ã â ¬Ã â„¢s disease, but also keeping blood pressure under control and promoting general health. The Mediterranean diet does in fact confer great health benefits while providing the most tasty meals. After facing a health crisis that almost ruined his career, the author today is fit and strong and vigorously pursues his main interests in lifeÃƒÂ¢Ã â ¬Ã â •writing, design, and painting, while enjoying great health. My only footnote to this collection of recipes is to be sure to add a glass red Italian wine during your repast, and remember that favorite Sicilian desert, a bowl of fresh fruit with no sugar added. I highly recommend this book for every kitchen.

This recipe book is amazing. I confess to not taking a great deal of notice of what I was actually getting when I used a gift certificate to claim this book. I saw no need to read any details about the book, because Meniere Man known what he is talking about and he expresses that information clearly. Every book that I have read that was written by Meniere Man has been excellent.OVER 90 LOW SALT ITALIAN RECIPES! My eyes lit up when I opened the book. I have read and reviewed many eBooks that contained 25 to 35 recipes. As an old hand in the kitchen, I learned nothing from

them. I would only have used 5 to 10% of the recipes because of the amount of refined sugar and added salt or the deprivation diet theme of so many other recipe books.This book was a total change from that, and a joy. The focus is on nutritious and delicious. I am planning on writing recipe books myself, and here you see a competitor in business RAVING about their competitors product. This is a recipe book that I will use.Yes, I have made cheese and pasta, but I learned how to make many more different types of cheese. I will make them too. I can hardly wait to do it. My Italian cooking will never again be restricted to a small range of dishes. I'm excited! I'll be planting more herbs and tomato seeds tomorrow, inspired by these recipes. I hope me have a tomatoes glut and I am forced to cook Italian from the excellent recipes in this book, What could be healthier than the low-salt Mediterranean diet?As a senior, my need for a low-salt diet is to achieve a healthy blood pressure. This book doesn't set out to go into why low salt is right for most of us. Most adults already understand that we consume too much salt when we eat processed foods or add cooking or table salt to meals. I am glad that this book was packed full of information of practical use in food preparation.With so many recipes that I am eager to make in this book, I am grateful it is well-formatted, and the linked contents list will take me straight to the recipe I need. Thank you Meniere Man.

God knows why we suffer what we do, but here's how to deal with it. Delicious recipes with an Italian flair to reconnect with our own appetites, and strengthen our bodies. Personally, I'm a gluten-free Palo kinda guy with type O blood. But I tried these recipes with my mad gaggle of cooks and wine lovers. We had great fun. It's illustrated and you can toss the salt shaker out the window.Eat fresh; eat wholesome and live to be one hundred, just to irk the tax authorities. Come on, I know you can.I took my copy of this cookbook to Little Italy in San Francisco and was rewarded with an extra glass and a free dessert. One of my favorite restaurants even copied a few ingredients and techniques. My heart surgeon said Thank You. And when you push away from the table after the next family feast, you'll know you did good for the ones you love. Please learn to cook for those you love in the most healthful and simple terms with the best ingredients and recipes you can get. The author had to get sick to learn this. Now you can skip that step. On'ya cooks. On'ya eaters. I gained three pounds reviewing this book.

I love to keep up to date with cook books especially ones that focus not only on tasty foods but also on foods that are healthy. I have all of the Meniere Man recipe books and this is one I was looking forward to reading because it is based on Italian meals.Italian food is one of my favorites but it is

quite difficult to find any that have very low salt. I prefer to keep my salt levels at an average and the recipes in this book certainly help me achieve that.The recipes in here are varied including pasta, fish, all meats, desserts and of course pizza.The book is well laid out and very easy to follow.If you like Italian food and want to look out for your salt intake then this is the book for you.Another great addition to my collection.

Download to continue reading...

Meniere Man In The Kitchen. COOKING FOR MENIERE'S THE LOW SALT WAY. ITALIAN. (Volume 2) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Meniere Man In The Kitchen: Recipes That Helped Me Get Over Meniere's Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Meniere Man And The Astronaut. The Self Help Book For Meniere's Disease Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Mind Over Meniere's: How I Conquered Meniere's Disease and Learned to Thrive Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate BeginnerÃ¢â ¬â„¢s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipies, Low Carb Cookbook) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Sproutman's Kitchen Garden

Cookbook: 250 flourless, Dairyless, Low Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook)

Contact Us

DMCA

Privacy

FAQ & Help