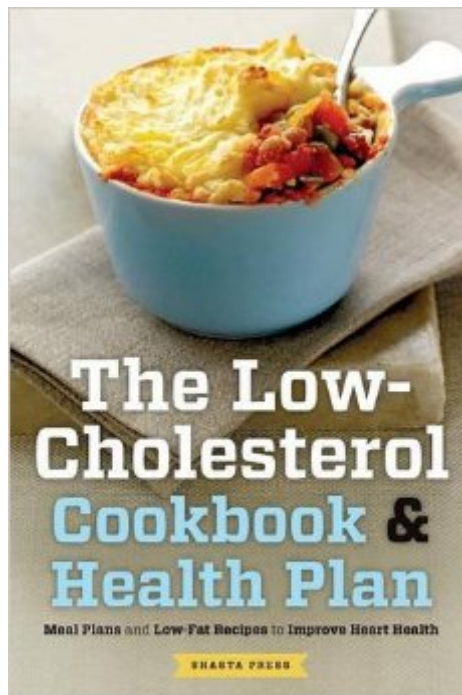


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# Low Cholesterol Cookbook & Health Plan: Meal Plans And Low-Fat Recipes To Improve Heart Health



## Synopsis

#1 BESTSELLER The Low Cholesterol Cookbook & Health Plan 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. Whether your goal is to drastically lower your cholesterol or simply feel better, The Low Cholesterol Cookbook & Health Plan makes it easy to enact positive changes with:

- More than 100 flavorful, low cholesterol recipes, including Classic Meatloaf, Flourless Chocolate Cake, Salmon Burgers, and Guilt-Free French Fries
- Detailed nutritional information for each low cholesterol recipe
- Information on accessible and delicious foods that help increase good cholesterol, plus what foods to avoid
- Low cholesterol substitutions and alternatives for cooking and baking
- A 14-day meal plan to launch your low cholesterol diet

With practical advice and everyday guidance to lower your cholesterol levels, The Low Cholesterol Cookbook & Health Plan is your plan for better health.

## Book Information

Paperback: 188 pages

Publisher: Shasta Press (December 11, 2013)

Language: English

ISBN-10: 1623152828

ISBN-13: 978-1623152826

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (86 customer reviews)

Best Sellers Rank: #102,765 in Books (See Top 100 in Books) #39 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #113 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #174 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

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.

I am a little surprised to see a relatively new book that is still spreading this myth. I guess we still have a lot of work to do. The book lists "conventional eggs" as one of the top foods to avoid. While yes, I agree free-range is the way to go, eggs are one of the HEALTHIEST foods you can eat. And the book suggests organic canola oil over butter? NO! And you should NOT cook with olive oil as it becomes unstable and rancid when heated. I would not normally mark down a cookbook for these things, but this is supposed to be a HEALTH cookbook teaching you how to lower your cholesterol. The number one lesson in such a cookbook should be that eating high-cholesterol foods is NOT what gives a person high cholesterol. The reason I give this book two stars and not just one is that some people may actually get the benefit they are after because the recipes are relatively low carb. If you are looking for a food group to blame for high cholesterol, fingers should be pointing at carbs, not saturated fats.

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 book gives you the 1+1-1 eating plan, where you eat foods to increase your good cholesterol and foods to decrease your bad cholesterol. It even has some tasty sounding recipes for entrees, desserts, sides, etc. However the 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 you are a diabetic, there is no listing on how much sugar is in each item. Still, worth a read for ideas.

This book is in two parts: science background and practical recipes. The first part explains what cholesterol is. I was surprised to read that "you get approximately 90 percent of body's daily cholesterol requirement from your liver, and 10 percent is obtained from diet." Popular misconceptions are addressed, as well. There are, for instance, "healthful fats that you need to combat cholesterol." The core of the book is the "1 + 1 - 1 Eating Plan." Add (1) "foods that are low in cholesterol" and (1) foods that increase good cholesterol and decrease inflammation. Subtract (1) "foods that are high in cholesterol and that increase bad cholesterol." By this formula, you can still eat, for example, "Canadian Bacon and Egg Pita Pockets" and so many other decadent sounding foods! Folks who don't want to be eating 10 medications a day in their later years will devour the section of combination of foods and nutrients that "can be as powerful as medicine" in lowering cholesterol levels. Finally, the hyperlinked resources at end of the book are convenient on a Kindle!

If you'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 - 1 method described in the book, you won'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!

With the internet being a thing and information being readily available, nearly everyone knows that cholesterol is bad. It will clog your arteries and may have claimed someone close to you. But just because we know cholesterol is bad, doesn't mean we know where it is, what foods it hides in, or what foods we need to eat to balance our cholesterol out. Not to mention there's the whole idea of good cholesterol and bad cholesterol. Well, luckily The Low Cholesterol Cookbook & Health Plan is around to help sort things out. Loaded with recipes, this book gives you simple steps to craft delicious foods that will lead you in the right direction to a healthy, vital heart.

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Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking)

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