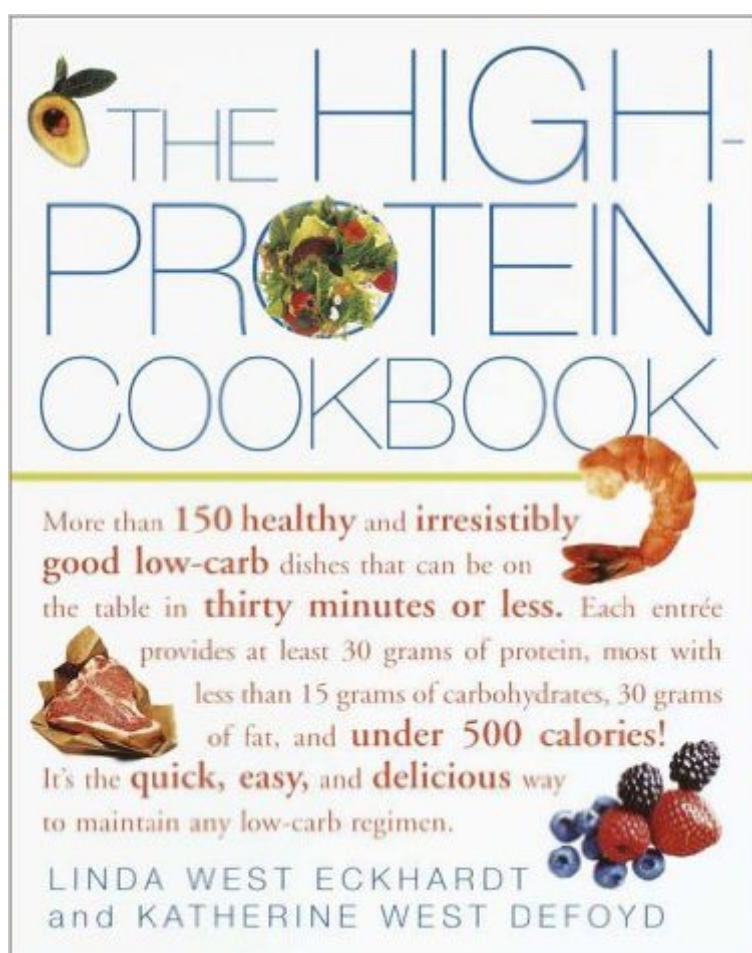


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# The High-Protein Cookbook: More Than 150 Healthy And Irresistibly Good Low-carb Dishes That Can Be On The Table In Thirty Minutes Or Less.



## Synopsis

End food boredom and diet burnout with more than 400 sophisticated, low-carbohydrate dinners that are bursting with flavor--and on the table in under 30 minutes! Hundreds of thousands have embraced the low-carbohydrate lifestyle finding that a diet based on lean protein, fruits, and vegetables and less dependent on simple carbohydrates has helped them look and feel better. But a monotonous menu of steak and salad or expensive, additive-laden prepared foods has been the undoing of many a successful diet regimen. The solution? Linda West Eckhardt and Katherine West DeFoyd have devised more than 100 protein-rich, low-carbohydrate dinners that will satisfy even the most demanding diners. Drawing on their experiences as award-winning cookbook authors, Eckhardt and DeFoyd have developed a tempting range of high-protein meals that are quick enough to make on a weeknight but elegant enough to share with guests -- and so delicious they'll never know they've been shortchanged on carbohydrate rates, fat, and calories. Each entree in *The High-Protein Cookbook* \* Provides at least 30 grams of protein, yet is light on fat and calories. \* Is styled for two people but can easily be doubled or tripled \* Uses short lists of fresh, healthful ingredients \* Is based on simple cooking techniques requiring no special equipment \* Avoids "artificial" products and flavorings \* Contains reasonable amounts of high-quality protein balanced by ample servings of vegetables and fruits With chapters devoted to side dishes and salads, sauces and condiments, and even sinfully satisfying desserts that won't break the carbohydrate bank, *The High-Protein Cookbook* is the perfect companion to many of today's most popular dietary regimens and an enticing argument for cutting back on excess carbohydrates.

## Book Information

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## Customer Reviews

I am not a fan of very high-protein diets, but this book is great. The cover says the recipes are quick, easy, and delicious. They really are! They are inventive, use generally available ingredients, and draw from a range of cuisines. I am an attorney who commutes over 2 hours a day, so I am tired when I get home and I just want to eat. As long as I have the meat called for in the recipe thawed and ready to go, I am eating a great-tasting dinner in 30 minutes or less. Add a salad and a side vegetable and you are all set. Sometimes the fat content is a little high, but you can generally work around that. Also, the dessert recipes rely on aspartame, which I don't consume now that Splenda is available in the U.S., but you can make substitutions. Very minor problems, in my book. Highly recommended for anyone who eats meat and wants a quick, easy, and interesting dinner.

My husband is on a low-carb diet so I have been searching for good recipes for dinners in the evening. I bought this cookbook because it said that the meals could be cooked in 30 min. or less. Of all the hundreds of cookbooks we have this has definitely been one that we use a lot. The meals are GREAT and easy to cook although one or two of them have definitely taken longer than 30 minutes. The combination of flavors is great and we love the variety of recipes. I like the recipes so much that I am also eating low-carb meals - and we've both been quite successful on this diet. I'd highly recommend this cookbook

I almost never return anything to . But this cookbook went back the day after I received it. After having weight loss surgery I need to focus on a high protein diet. Though I am fairly creative in the kitchen I thought that it would be nice to not have to figure out calories, protein counts, etc., and also to get some variety into my diet. This wasn't the right cookbook for that. Though the recipes ARE high protein they are not low calorie or low fat. Though the subtitle reads '500 calories or less' many of the recipes are approaching the 500 calorie mark, which is more than I want to "spend" on one meal (and this is just the main dish, not anything else). Many of the recipes could have had their calories reduced and their nutrition improved by substitutions: milk instead of cream, low-calorie spread instead of butter, Splenda instead of sugar, for example. (Yes, I could do that on my own, but then I defeat the purpose of already having the nutrition information available.) Though I believe the recipes are probably very tasty, this wasn't the cookbook for me.

This is THE greatest cookbook for Weight Loss Surgery patients!! I have recommended this to all my support group members online AND in my local support groups and, EVERYONE who tries

these recipes LOVE them. None have found 1 recipe that we do not ADORE. They are tasty and quick to fix...and, we LOVE that the complete nutritional information is posted for each recipe. WE especially love that, unlike most other "Low Carb" titles that only count "net carbs" or "digestible carbs"...this cookbook talks about CARBS!!! In the Gastric Bypass World...a carb is but a carb...doesn't matter if they're net or digestible!!

I have used this cookbook for over two years. I find myself using it continuously. What impresses me the most is the complexity of texture and flavor. It is hard for me to eat a meal without starches. When I make recipes from this book I don't miss the simple carbs. Not only do I feel satisfied but I feel I have had an INTERESTING meal.

This is a wonderful cookbook for people who love fine cooking, highly flavored food and playing with new ingredients and flavors. The recipes are imaginative, intensely flavored and a snap to throw together. The instructions are very clear and easy to follow. Although I like nothing better than spending hours in the kitchen, I've shocked my family several times since I've bought this book by lounging on the sofa reading until fifteen minutes before dinner and then throwing together one of the incredible meals in this book -- most of the recipes include a side dish in the 30-minute time limit. Usually there are a few recipes in a cookbook that you just love, a few that just don't work and most of the rest that are nothing special. I think I've cooked my way through about 3/4 of this book, and I've only run into one recipe that doesn't work -- the chocolate pots de creme (but the vanilla pots de creme are heaven, although I used all cream instead of milk) and one recipe that was disappointing, but I took some liberties with the recipe that I guess I shouldn't have. Everything else has been wonderful. The best part of the book is a chapter called "Vegetable Purees: Eleven Reasons Not To Eat Mashed Potatoes." These very creative purees help fill in the gap that is often left when you eliminate starchy sides from your plate. There's the standard cauliflower puree, but also a fennel puree, spinach, broccoli and ricotta puree, eggplant and red pepper puree and seven other incredible creations. The book is very careful about calories, and sometimes I think it skimps on fat a little -- using just a teaspoon of olive oil for sauteeing, for example. It also uses very little cheese, which is a nice change. The desserts are sweetened with aspartame packets and a small amount of sugar, but I've just substituted splenda and they work great. If you like highly flavored, trendy food that goes together in a flash, this is a great book.

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