

[PDF] Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet(TM)-Compliant Recipes

Kendall Conrad, Elaine Gottschall - pdf download free book

Books Details:

Title: Eat Well, Feel Well: More Tha

Author: Kendall Conrad, Elaine Gotts

Released: 2006-12-26

Language:

Pages: 240

ISBN: 0307339947

ISBN13: 978-0307339942

ASIN: 0307339947



[CLICK HERE FOR DOWNLOAD](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly Although this cookbook, based on nutritionist Gottschall's "Specific Carbohydrate Diet," is geared toward people with thorny digestive problems like celiac disease or colitis, these recipes are tasty, simple and healthy enough to make you forget you're cutting out such staples as wheat, flour, milk and sugar. Fresh Spring Rolls with Spicy Chile Dipping Sauce are colorful little bundles of shrimp and mango wrapped in thinly-sliced cucumber, a compelling alternative to the usual deep-fried take-out version. Chilled Pea Soup takes about 10 minutes to

prepare, but is creamy and decadent enough for a celebration. Aromatic Roast Pork Loin with Stewed Fruits is luscious, although the portion sizes are perhaps over-generous; the four-serving recipe calls for two pounds of meat. The author includes not only a handful of compelling wheat-free desserts-Lemon-Coconut Macaroons are particularly addictive-but also a list of exotic beverages such as spicy Blood-Orange Ginger Fizz and sweetly smooth Mango Lassi. The only drawback to this thoughtful, health-conscious collection is the lack of photographs or illustrations-although most of these recipes are straightforward enough that they beg no illustrating, only eating.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

About the Author Kendall Conrad appeared with Elaine Gottschall, the author of the global bestseller *Breaking the Vicious Cycle*, to share the story of her daughter's near-miraculous recovery from a dangerous digestive disorder using the Specific Carbohydrate Diet. She lives with her husband and their two daughters in Montecito, California.

- Title: Eat Well, Feel Well: More Than 150 Delicious Specific Carbohydrate Diet(TM)-Compliant Recipes
 - Author: Kendall Conrad, Elaine Gottschall
 - Released: 2006-12-26
 - Language:
 - Pages: 240
 - ISBN: 0307339947
 - ISBN13: 978-0307339942
 - ASIN: 0307339947
-