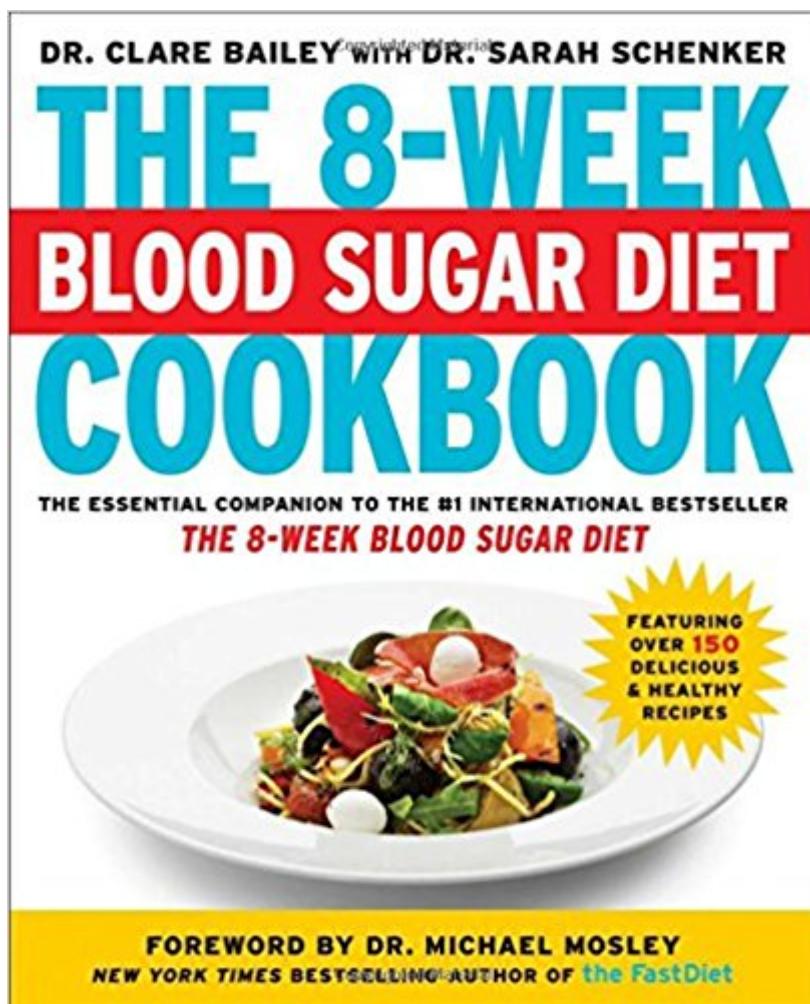


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# The 8-Week Blood Sugar Diet Cookbook



## Synopsis

Combat diabetes with this essential companion to New York Times bestselling Dr. Michael Mosley's groundbreaking The 8-Week Blood Sugar Diet, featuring over a hundred delicious and healthy recipes. The 8-Week Blood Sugar Diet revealed new, staggering scientific studies on diabetes and demonstrated a revolutionary 8-week plan, including an 800-calorie daily diet, to reverse the disease's effects. Now continue battling diabetes with these simple and delectable recipes that can lower your blood sugar level and help you shed unwanted pounds. Also discover updated nutritional advice, tips for home cooks of every skill level, and detailed menu plans. It's never too late to fight off diabetes, and with the recipes in The 8-Week Blood Sugar Diet Cookbook, it's possible to ensure more long-term health benefits in an easy and effective manner!

## Book Information

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## Customer Reviews

Dr. Clare Bailey is a general practitioner doing diet research with Oxford University. She is the author of The 8-Week Blood Sugar Diet Cookbook, and is married to Dr. Michael Mosley, author of The Clever Gut Diet, The Fast Diet, and The 8-Week Blood Sugar Diet. She is also founder of Parenting Matters, an organization that helps parents become more confident through courses and one-to-one consultations. Dr. Sarah Schenker is a Registered Dietitian and Nutritionist who has served on both professional and government committees. She now combines her sports nutrition work, consulting for football clubs in the UK, with regular appearances on television and writing for scientific journals, as well as for newspapers, magazines, and websites. Dr. Michael Mosley is the

author of The Clever Gut Diet, The 8-Week Blood Sugar Diet, and the coauthor, with Mimi Spencer, of the #1 New York Times bestseller The Fast Diet, which has been published in over thirty-two languages around the world. He is also coauthor, with Peta Bee, of Fast Exercise and wrote the foreword for The Fast Diet Cookbook by Mimi Spencer and Dr. Sarah Schenker. Dr. Mosley trained to be a doctor at the Royal Free Hospital in London before joining the BBC, where he has been a science journalist, executive producer, and, more recently, a well-known television personality. He has won numerous television awards, including an RTS (Royal Television Award), and was named Medical Journalist of the Year by the British Medical Association.

The 8-Week Blood Sugar Diet Cookbook 2> 2> Serves 1 2 eggs Small pat of butter (or dash of oil) Whisk the eggs in a cup or bowl with a fork. In a small nonstick pan, heat the butter gently until it melts (don't allow it to brown), then add the eggs. Stir slowly and continuously with a wooden spoon or spatula for 1 to 2 minutes to produce a creamy consistency. Remove from the heat while it is still runny in places as it will go on cooking in the pan. Try some of the variations below, all made with 2 eggs: With chili: add flavor with a scattering of red pepper flakes or fresh chives. With smoked salmon: (adds 90 calories) this is Michael's routine breakfast. Scramble 2 eggs, and serve with 2 oz chopped smoked salmon and freshly ground black pepper. You can also add 1/4 medium avocado, sliced (adds 60 calories). With fried mushrooms: (adds 20 calories) mushrooms are low in carbs, high in protein and fiber and amazingly filling given their low calorie count. They also contain high levels of vitamin D. Fry 3 oz mushrooms in a nonstick pan with a drizzle of oil until golden brown (4 to 5 minutes). Meanwhile, prepare the scrambled eggs. Assemble on a plate and season with salt and black pepper. Green eggs and ham: (adds 50 calories) this is an excellent way to use up leftover greens from the night before. Simply stir in a handful, or some fresh spinach. Serve with a couple of slices of ham, 1 1/2 to 2 oz.  $\Delta$  CALORIES 200  $\Delta$  PROTEIN 13G  $\Delta$  FAT 17G  $\Delta$  FIBER 0G  $\Delta$  CARBS 0G

It works.

Lot's of good info, thanks.

The recipes are easy to follow, fun, and I learned even more about cooking. Even when not 'doing' the diet I find myself incorporating new choices of healthy food substitutions.

great

This Book had many additional dishes that were very tasty, It is a very good companion book to the 8 week blood sugar diet.

The 8 Week Blood Sugar Diet Cookbook brings healthy eating back around toward low carb, low calorie, Mediterranean style dieting but with intermittent fasting (very low calorie days). The emphasis is on diabetes management and prevention - even curing diabetes by carefully regulating blood sugar spikes from carb heavy foods like pasta and rice. The recipes are very usual foods but in smaller, carefully managed portions. There is also a section on physical exercise that focuses on walking and moving around rather than squats etc. Sample recipes include no-carb waffles, crayfish salad, French fish stew, crab cakes, blueberry and green tea smoothie, harissa chicken, foil steamed fish, skinny chili, warm halloumi salad, etc. All recipes are meant to be quick and easy - from five-minute breakfasts, no-fuss lunches, and simple suppers. There are also three guilt free baking recipes: zucchini and pumpkin seed muffins, cheesy scones, and guild-free brownies. The introduction before the recipes is fairly brief. It is mostly comprised of testimonials of those who have been able to mitigate or control their diabetes or pre diabetes through better eating and not medicine/pills/insulin. There is a repeating undertone of the side effects of diabetes: lots of discussions about amputated limbs and blindness. It felt a bit too much like scare tactics at some point and I honestly prefer motivational books without the heavy emphasis on worst case scenarios (well, ok, death is likely the worst case). But it wasn't overwhelming. The recipes are very easy to follow and very, very simple. Calories, servings, a list of ingredients, and paragraph directions. There are no images and all recipes are clumped together on each page. Because they are brief and easy to make, this isn't a problem and makes it easier to find recipes without having to skim through pages and pages. In all, the diet is easy to follow and there is the important emphasis on lifetime health management rather than quick pounds loss. But unlike a lot of the diets today, it does promise that you will lose weight fast. Reviewed from an advance reader copy provided by the publisher.

very interesting book

Good ideas. Excited about the variety. Very frustrated that all recipes are written in British measurements and vernacular. 1/2 a tin of beans means 1/2 a can ... Or do they have different

sized cans? We do here in America. I don't spend money on canned beans. Much less expensive to buy them dry and cook them myself. Grams of this and that means what in cup measurements? Lots of eggs and yogurt for breakfast. No green beans? Anyway, not perfect but I get the idea and will try to figure out the recipes

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