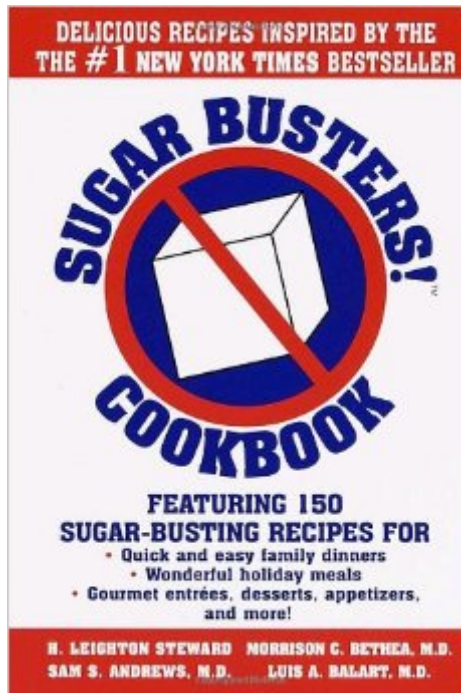


The book was found

# Sugar Busters! Quick & Easy Cookbook



## Synopsis

Which other diet allows you to drink a glass of red wine in the evening? The SUGAR BUSTERS! lifestyle is revolutionizing the way America eats, offering a safe, scientifically sound program for improving health and losing weight. Now the #1 New York Times bestselling team who forever changed the face of dieting has created the SUGAR BUSTERS! Quick & Easy Cookbook, a delicious new collection of more than 150 simple-to-make recipes and menu ideas. With this wonderful cookbook, the SUGAR BUSTERS! eating program can easily become part of your daily routine. Forget counting calories, weighing your food, and trying to figure out those confusing charts and graphs. The SUGAR BUSTERS! Quick & Easy Cookbook makes preparing tasty, low-sugar or sugar-free fare a snap. Inside you'll discover- APPETIZERS and HORS D'OEUVRES- SOUPS and SALADS- MAIN COURSES- VEGETABLES- SAUCES and DRESSINGS- DESSERTS- COMPREHENSIVE PANTRY SECTION Whether you're hosting an elaborate holiday bash or a spur-of-the-moment intimate evening for two, or you just need a quick dinner for you and your family, the SUGAR BUSTERS! Quick & Easy Cookbook will help you create the perfect meal.

## Book Information

Series: Sugar Busters!

Hardcover: 400 pages

Publisher: Ballantine Books; 1st edition (October 26, 1999)

Language: English

ISBN-10: 0345437772

ISBN-13: 978-0345437778

Product Dimensions: 5.7 x 1 x 8.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (115 customer reviews)

Best Sellers Rank: #25,906 in Books (See Top 100 in Books) #35 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #123 in Â Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #176 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

I am a firm believer in high-protein diets, in spite of the fact that on the Zone, which I have been on 4 years, though I originally lost 25 pounds, over the past 2 years I had gained back 15 pounds of that loss. I decided to do some more reading about other high-protein diets to see what was wrong. I

was very impressed with what Sugar Busters has to say. It is almost identical to what Dr. Atkins and The Schwarzbein Principle have to say, but I like this cookbook much better than Dr. Atkins' and Dr. Schwarzbein doesn't have a cookbook. I have had hypoglycemia for many years and have extensive diabetes in my lineage, so originally I went on the Zone to deal with blood sugar problems. The weight loss was a nice extra treat, and once I had it, I wanted to keep it. The Zone doesn't have you give up sugar, and I've been finding that even though just balancing carbs of any kind with protein and fiber helps the blood sugar, if you are sugar sensitive, over time, you begin to lose the insulin-balancing benefits and weight losses if you merely do high-protein and don't give up sugar as Sugar Busters recommends. I have been on the Sugar Busters no-sugar, no-white-flour, no-starchy vegetables diet for 3 weeks now. I am not craving sugar; I feel great, and I've lost 6 of the 15 regained pounds from the Zone. This diet seems to cause you, like the Zone (if it works) to lose about 1-2 pounds a week if you have less than 30 pounds to lose. For people with a huge amount of weight to lose, you can lose as much as 4-6 pounds a week in the beginning, according to information in the Sugar Busters and Atkins' books.

Great recipes! I started this "lifestyle change" three weeks ago, and have lost 11 pounds. I've tried just about every fad diet...high-carb, high-protein, you name it. Sugar Busters is different—it's not something you do for two weeks. It's a lifestyle change. This cookbook has made meals easier for me because it provides you with lots of great alternatives. The authors do not suggest you cut out all carbs or eat fatty foods. It truly is a healthier way to eat!

This cook book is a great tool for the Sugar Busters diet. When we started Sugar Busters before the holidays, I lost 10 pounds and my boyfriend lost over 15 (in less than 2 months!). It is great to have a cook book to aid with the concept of Sugar Busters. Diabetes runs in my family and I am CONVINCED that if I had not changed my eating habits that I was well on my way to having diabetes myself. I no longer crave carbohydrates in the afternoon and as a result I don't have that dip in energy in the late afternoon that I have experienced for years. I highly recommend this book to anyone who has struggled with weight loss. Some of the recipes may be a little higher in fat....but for those of us who were addicted to carbohydrates, this diet will do amazing things for both your health, energy level and weight!

I started this plan about 3 weeks ago and have lost about 11 lbs so far without being hungry or craving sugar. The cookbook has been wonderful and extremely easy which makes preparation a

cinch. I tried the Dr. Atkins diet, but I like this cookbook much better and highly recommend it for people who want to cut the sugar and still be able to eat delicious meals. It is worth every penny!

I have a weight problem. I am also a carbohydrate "addict." And diabetes runs in my family. Following my doctor's advice, I began the Sugar Busters regime about three and a half months ago. It changed my life. I have lost 37 pounds; my husband has lost 25, and we are still losing. I am finally buying this great book to add to my collection. If carbs are your danger food, this book will help you. With experience, you will learn to adapt your old recipes to the Sugar Busters lifestyle.

Having read and thoroughly enjoyed the original 'Sugar Busters' book, on the instructions from my cardio vascular doctor, I found the recepies quite interesting and bought this book for that primary reason ....Everyone that I know has one or another 'famous' diet for me to try but I have to admit that most diets follow some 'theme' and are not what I would call all-inclusive and do not really take advantage of the chemical processes inside our bodies as we digest our sugar laden diets ....The book starts with a primer of the Sugar Busters diet and listings of foods and spices that are recommended and which ones we should stay away from.The second main section of the book deals with detailed recepies. I have tried many of the recepies in the book and find the easy to prepare and definitely very tasty ... Excellent bean dishes and seafood dishes of course with some even from the unbelievable kitchens of K-Paul (Paul Prudhome in New Orleans)The drawbacks of this book are one; it's certainly on the expensive side for a spiral bound book, and two; it has no .. i mean none, zippo, zilch .... pictures of any of the prepared dishes, certainly a drwaback to even the most humble of cookbooks that I have in my library.....Am I happy to have bought this book, yes, does it replace the original Sugar Busters book in explaining the diet, no .... certainly I would suggest that you read the full diet book first to completely understand the whole concept .....

[Download to continue reading...](#)

Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) Sugar Detox: Sugar Detox for Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Sugar

Busters! Quick & Easy Cookbook Mediterranean Diet: Mediterranean Diet For Diabetes-A  
Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2  
Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Lower Your Blood Sugar For  
Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2  
Diabetes,insulin Resistance,Inflammation) ... blood sugar diet,the blood sugar solution,) DIABETES:  
The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes  
Menus To Lower Your Blood Sugar (HOT FREE BONUS ... Diet,smart blood sugar,sugar detox)  
Diabetes: Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and  
15 Diabetic Recipes to Lower Blood Sugar: Diabetes ... Diet,smart blood sugar,sugar detox Book 4)  
Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide  
to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox)  
Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood  
Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body  
Cleansing) Diabetes: How to Lower Blood Sugar Naturally Without Drugs in 4 Weeks: (Diabetes,  
Lower Blood Sugar, Zero Sugar, Natural Remedies) Dump Dinners: 365 Days of Quick And Easy  
Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump  
Dinners Cookbook,Quick Easy Meals) Diabetes Diet Cookbook: Delicious Low Carb Recipes For  
Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook,  
Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Bug Busters: Poison-Free Pest Controls for Your  
House and Garden Pal Joey (Score) (Chart Busters) Love Busters: Protecting Your Marriage from  
Habits That Destroy Romantic Love Quick & Easy Thai Cuisine: Lemon Grass Cookbook (Quick  
and Easy Cookbooks Series) The Microwave Gourmet Cookbook!: Quick and Easy Microwave  
Cooking Recipes that will Blow your Mind! (Fast, Quick, and Easy Cooking Recipes and Cooking  
Tips! Book 1) Easy Vietnamese Cookbook: 50 Authentic Vietnamese Recipes (Vietnamese  
Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese Cookbook, Easy  
Vietnamese Recipes, Vietnamese Food Book 1)

[Dmca](#)