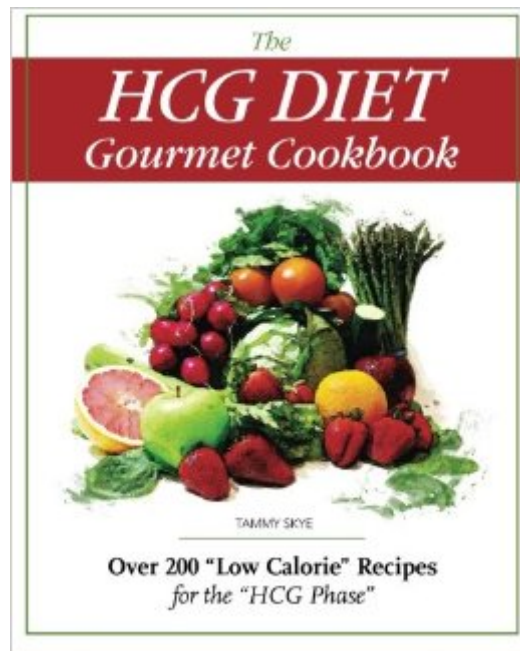


The book was found

The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes For The "HCG Phase"



Synopsis

Enjoy over 200 delicious "Low Calorie" Recipes for the HCG Diet with the HCG Diet Gourmet Cookbook. The recipes in this cookbook can help you enjoy flavorful meals while losing up to a pound a day on the "HCG Phase" The HCG Diet Gourmet Cookbook features delicious soups and salads, chicken, beef, and seafood entrees, and sweet desserts and beverages. Enjoy these easy and delicious recipes and add variety, spice, and a touch of gourmet to your weight loss journey.

Book Information

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Best Sellers Rank: #15,366 in Books (See Top 100 in Books) #11 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #23 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #78 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

I have mixed feelings about this cookbook. The last thing I want to do when I'm on any diet is *think* about food, so in that respect, this book is helpful. It is full of ideas for meals that fit the hcg protocol, and it has helpful calorie counts for each recipe. I love the Cucumber Strawberry Salad and the Crunchy Sweet Chicken Salad, which have been lifesavers for me! That said, this book is in SERIOUS need of editing! Several recipes call for ingredients in the directions that were not listed in the ingredient list. You'll have to guess how much you should add. If you are a decent cook, you'll also need to use your common sense and NOT follow the directions, since many of these recipes are ridiculously flawed. For example, the Savory Onion Carmelized Shrimp recipe tells you to cook the onions and shrimp together and deglaze the pan a few times to make the carmel sauce. Any cook knows that onions take quite a while to carmelize properly, while shrimp take only a very few minutes to cook. If you followed these instructions you'd end up with rubbery shrimp or uncooked onions! She also recommends making an orange sauce by cooking half an orange in boiling water until the pulp starts to fall out of the fruit. The taste is bitter, of course. A much better procedure

would be to remove the peel from the fruit, cut the pith from the fruit, add the fruit and peel minus the pith to the water and proceed with the recipe. Mostly this book takes a few good combinations and repeats them using different proteins. It would have been much more helpful if she'd edited the recipes appropriately for each of the proteins. These errors and editing problems are what cause me to question the price. Enough of my gripes about it. It is helpful and I use it every day.

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