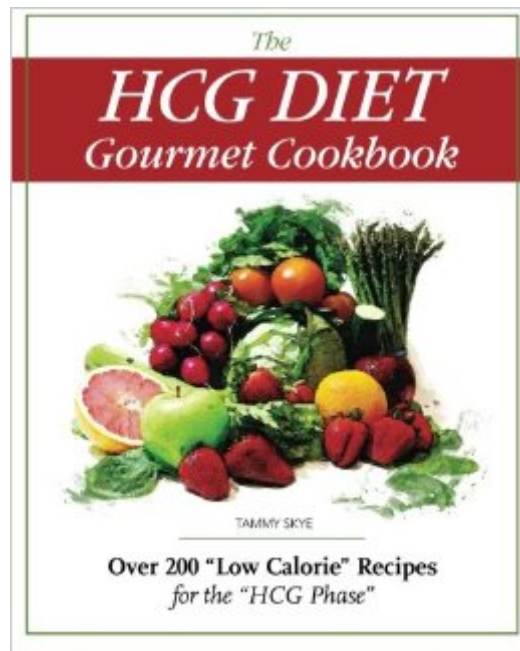


The book was found

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

Paperback: 140 pages

Publisher: T Skye Enterprises Incorporated; 3/28/10 edition (April 27, 2010)

Language: English

ISBN-10: 0984399909

ISBN-13: 978-0984399901

Product Dimensions: 8 x 0.3 x 10 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (245 customer reviews)

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.

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

HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The HCG Diet Gourmet Cookbook: Over 200 "Low Calorie" Recipes for the "HCG Phase" Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia, south ... beach diet, TLC diet, Gluten Free, Paleo) The Living Vegan HCG Cookbook: Over 100 Delicious & Easy Vegan Recipes for the HCG Diet Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) American Heart Association Low-Calorie Cookbook: More than 200 Delicious Recipes for Healthy Eating Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Cookbook :Healthy Mediterranean Gourmet: Mediteranean Recipes For Everyday Cooking: Eat Healthy Gourmet Food l iluminaciÃfÂ n /

Lighting: 200 trucos en decoraciÃ³n / 200 Tricks in Decoration (200 Trucos / 200 Tricks) (Spanish Edition)
Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan)
South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook)
Diabetic Cookbook (A Beginner's Guide):: Quick, Easy-to-Cook Diabetes Diet for a Simple Start: High Fiber, Low Calorie, Carb and Cholesterol Cookbook: To Help Prevent and Reverse Diabetic

[Dmca](#)