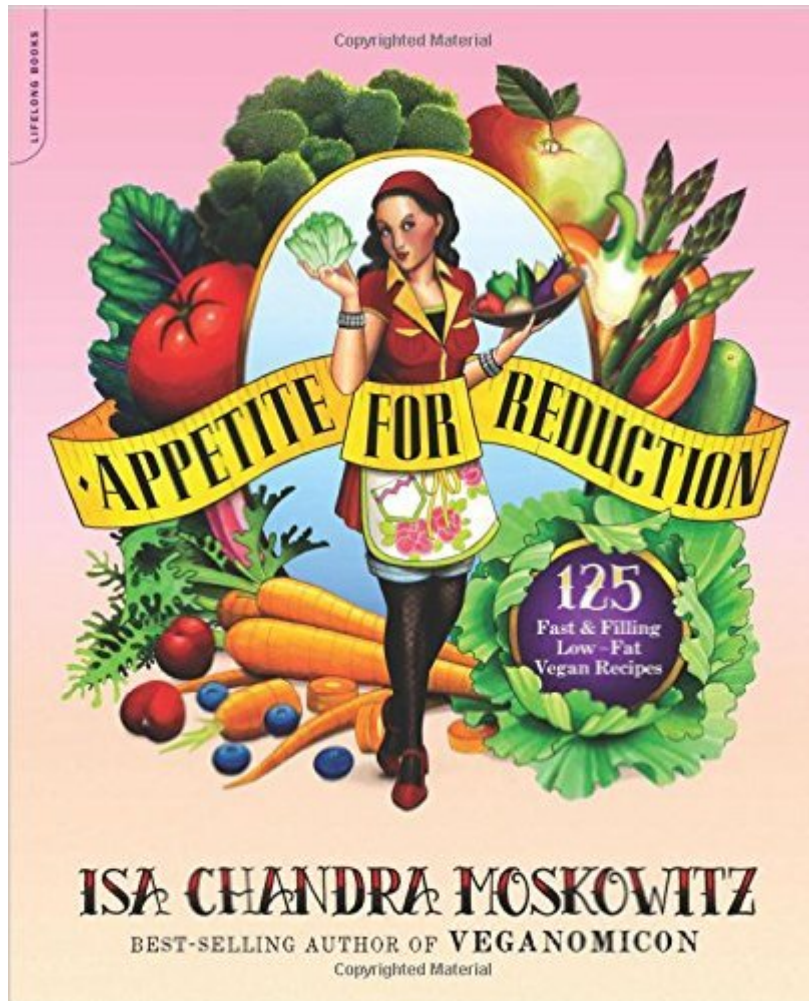


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# Appetite For Reduction: 125 Fast And Filling Low-Fat Vegan Recipes



## Synopsis

This is not your mother's low-fat cookbook. There's no foolish tricks, no bizarre concoctions, no chemicals, no frozen meals, no fake anything! Appetite for Reduction means cooking with real food, for real life. (Skimpy portions need not apply.) In Appetite for Reduction, bestselling author and vegan chef Isa Chandra Moskowitz has created 125 delectable, nutritionally-balanced recipes for the foods you crave "lasagna, tacos, barbecue, curries, stews, and much more" and it's all: Only 200 to 400 calories per serving Plant-based and packed with nutrients Low in saturated fat and sugar; high in fiber Drop-dead delicious You'll also find lots of gluten-free and soy-free options, and best of all, dinner can be on the table in less than 30 minutes. So ditch those diet shakes. Skip that lemonade cleanse. And fight for your right to eat something satisfying! Now you can look better, feel better, and have more energy "for health at any size.

## Book Information

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## Customer Reviews

I was a cookbook tester for this cookbook. I tried it on my husband, unsuspecting family members and unsuspecting friends. The recipes were a big hit and would even shock others by saying they were low fat and good for you! Not only is it a cookbook, but it has a lots of tips, tricks and includes a nice section about nutrition. I made approximately 50 recipes from the book total with most of them being huge hits. I highly recommend this cookbook for anyone whether you are vegan, vegetarian or just interested in incorporating plant-based meals in your diet. Also I credit this cookbook with teaching me how to cook tofu. The lettuce wraps with Hoison-mustard tofu recipe taught me an easy technique for cooking tofu that I've been able to incorporate whenever I want

tofu. The basic baked tofu recipe also gave me an easy technique for baking tofu that again I've been able to expand upon. The cookbook also includes a variety of different recipes. You want Thai? Ethiopian? Mexican? Italian? Vietnamese? Peruvian? Caribbean? Indian? Middle eastern? The book has you covered. What if you want traditional American style food? Well the book has that as well. I have also gone through the book and listed my favorite recipes and things I'd recommend and added a star next to the ones that are probably my top favorites. Sanctuary salad dressing Quinoa salad with black beans & toasted cumin seeds Cool slaw Caesar Salad with eggplant bacon\* Vietnamese Rice noodle salad with grilled tofu\* Caulipots Silky Chickpea Gravy Polenta stuffing Cranberry-Cashew Biryani Scarlet Barley Unfried fried rice Butternut Coconut Rice Tamarind Quinoa Garlicky Mushrooms and Kale\* Chickpea Piccata Hottie Black eyed peas and greens Forty Clove Chickpeas and Broccoli Caribbean Curried Black-eyed peas with plantains\* Black bean, zucchini and olive tacos\* Basic baked tofu Apple-miso tofu\* Lettuce wraps with Hoison-mustard tofu Red Thai Tofu\* Red Wine & Kalamata Tempeh Buffalo Tempeh\* Tortilla Soup\* Arabian Lentil & Rice soup\* Peruvian purple potato soup Curried Chickpeas & Greens Potato Spinach Curry Portabello Pepper Steak Stew\* Veggie Potpie Stew Sweet Potato Drop Biscuits\*

I like "Appetite for Reduction" because the author gives nutrition info for each recipe which is a first and unlike her other books. It is also a more health conscious collection of recipes and is exactly what I've been waiting for. I own all of Isa's & Terry's other books and I guess I would consider myself a fan by now. I usually stick to a healthy and nutritious diet under a certain number of calories per day, and I had to choose carefully which recipes I'm making in their previous books. But looking through "Appetite for Reduction," there really are no questionable recipes for those who wish to eat healthy. Everything is healthy here, and it doesn't skimp on flavor at all. I'm marinating the tofu from one of the new recipes right now... Masala Baked Tofu. Very simple and I can't wait to taste it!

I love Isa's recipes and make them as much as possible, the problem is that my mister mister is gluten intolerant so a lot of my all time fave recipes are out for him and then we are making 2 separate meals because he is not vegan and I like my vital wheat gluten. I pre-ordered this book the minute that I found out that it could be pre-ordered and I am so glad that I did. I've had the book for 2 days and so far have only made 1 meal out of it but it was a total Isa recipe, FULL of flavor with a decent portion size but here is the best part for us-- not only is it a vegan cookbook but MOST of the recipes are gluten free! This means that we are back to only making one meal per night and eating

some of the greatest food that either of us have ever had. The salad recipes aren't boring at all which makes me happy because I do get tired of salad but she has a Pad Thai salad recipe that I just can't wait to make-- lots of intriguing ideas in this book, that's for sure. I am not vegan for weight-loss but I am a little "well fed" and this book could not have come at a better time for me. This is one of those must-have-vegan-cookbook-library books.

I've been a fan of Isa's cookbooks for a long time so had this on pre-order, and it arrived yesterday. I was excited to get it, b/c somehow I'm a vegan who has managed to gain weight since going vegan rather than lose weight. I blame VCTOTW, JOVB, and VCIYCJ - all of which I love and all of which sparked my obsession with vegan baking. At any rate, when I heard this book was in the works, I was really excited. When it arrived, I realized it is far more than I expected it to be. It is FULL of nutrition information - as a family raising a vegan toddler, this is very important to me, and Isa's information and tips will prove invaluable, I'm sure! The recipes seem to be quick, with just a few ingredients, and lots of fresh produce. It looks to rely more on legumes and vegetables than anything else, which is awesome! Isa also includes a section on simple bowls (like at those trendy Asian restaurants) and sandwiches/wraps...so easy. And I'm extra happy about chapters dedicated to soups, stews and chili as we approach colder days. I think we'll cook our way straight through this book and hopefully see the health benefits as we go.

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