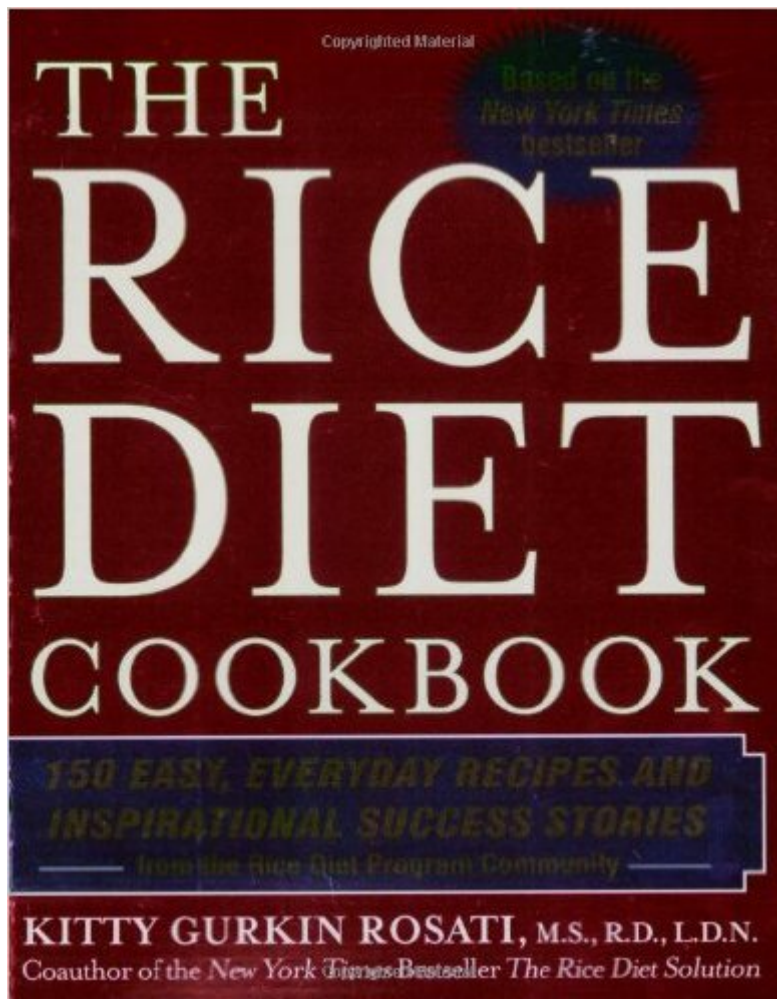


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# The Rice Diet Cookbook: 150 Easy, Everyday Recipes And Inspirational Success Stories From The Rice Diet Program Community



## Synopsis

Based on the New York Times bestselling Rice Diet Solution. After the success of The Rice Diet Solution, the Rice Diet Program's message boards were bombarded with pleas and suggestions for more Rice Dietfriendly recipes. The result is this collection of healthy whole-food dishes, which includes personal favorites from the Rice Diet kitchen as well as from successful dieters who want to share their weight-loss tips with everyone who intends to lose weight and live a healthier life. Includes such recipes as: • Basil-Mint Quinoa Salad • Roasted Red Pepper Lettuce Wrap • Zesty Sweet Potato Chips • Pan-Seared Sea Scallops • Chocolate-Banana Cream Custard • Toasted Ginger Papaya And many more!

## Book Information

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## Customer Reviews

Well, I would recommend this cookbook for anyone on the Rice Diet, as it DOES give you more ideas and options for the diet menus, but there are some drawbacks. First, of 336 pages, only about 187 pages are recipes. The rest is a repeat of the diet information you have in the Rice Diet Solution, so you don't really need both books. If you are choosing just one, I guess I would go with the cookbook, as Solution has only 100 pages of recipes, but the recipes do not seem to be duplicated in both, so for variety you may want both. As far as an aesthetically pleasing cookbook, this one gets low marks. While the few photographs they have are lovely, they are grouped together in the middle of the book instead of with the recipes they depict, so they don't really help in imagining what the dishes look like as you browse the recipes for planning. A majority of the recipes

in RDC are VERY basic and simple, like Elvis Almond Butter and Banana Sandwiches, or Quick and Crunchy Veggie Spread, so this would be good for someone looking for a variety of easy dishes to get them through the diet. The book includes three weeks of sample menus which takes a lot of the planning burden off the dieter. The recipes are divided up by the categories in which they fall, like Starches, Protein, and Fruits, within the categories of Breakfast, Lunch etc., making it easy to use them to plan your own menus. As far as the dishes themselves, while there is a large variety from which to choose, very few of them jump off the page and scream "Oh, try this one!" There are a LOT of side dish recipes, which should really help with the vegetable blahs in mid diet.

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