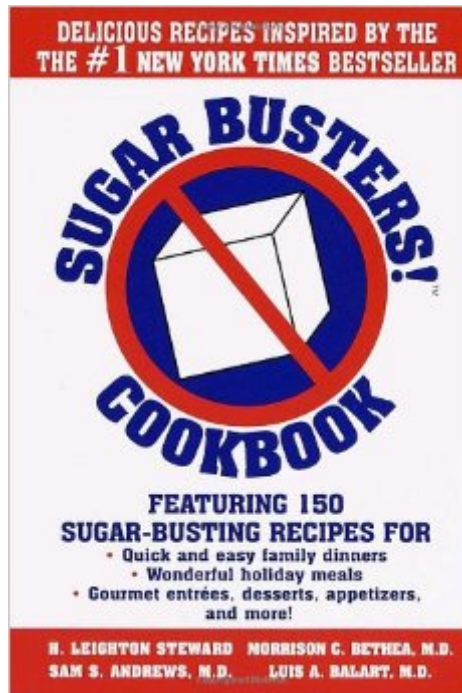


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# Sugar Busters! Quick & Easy Cookbook



## 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 [See all reviews](#) (115 customer reviews)

Best Sellers Rank: #25,906 in Books (See Top 100 in Books) #35 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #123 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #176 in [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 recipes 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 recipes. I have tried many of the recipes 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 Prudhomme 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 drawback 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 .....

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