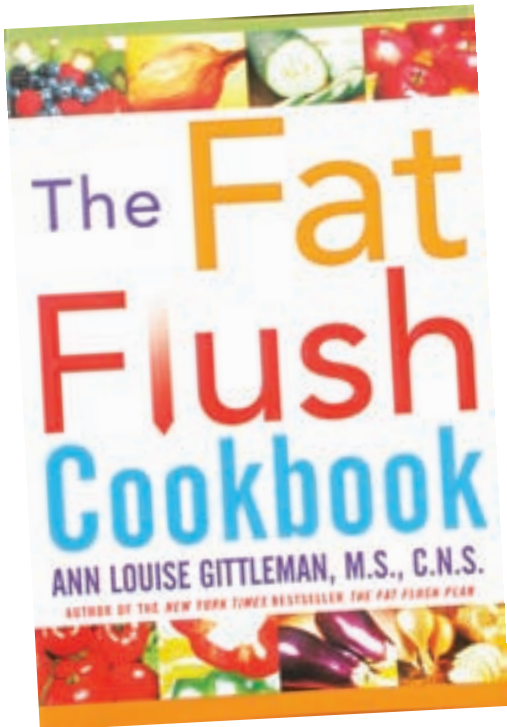


COOK'S LIBRARY



By Anne Louise Gittleman

A nutritionist and the author of 20 books on health and healing, Gittleman here offers a companion cookbook to her best-selling *The Fat Flush Plan*. The three-phase plan calls for a strict avoidance of white rice, white flour, salt and sugar and the embrace of fruits, vegetables, and whole grains. The 200-plus recipes include dishes for each of the plan's phases, from breakfasts to snacks to desserts. Gittleman's reliance on fresh herbs and spices (including ginger, cayenne, mustard, anise, fennel and cinnamon), which she cites for various healing powers, wholesome ingredients and easy cooking techniques makes her cookbook worth a look for those serious about making big diet changes.

In addition, *The Fat Flush Cookbook* shares new research explaining why certain Fat Flush staples can speed up fat loss and provide profound detoxifying benefits while protecting overall health. Key ingredients such as lean proteins, phytonutrient-dense vegetables and fruits, psyllium, lemons, flaxseed oil, thermogenic herbs and spices, high-protein whey, stevia, cooking broths and more are prominently featured in this cookbook. 🍏

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