



The Sugar Solution Cookbook: More Than 200 Delicious Recipes to Balance Your Blood Sugar Naturally

Ann Fittante

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This follow up to *The Sugar Solution* offers more than 200 delicious recipes that stabilize blood sugar, which is the key to losing weight quickly, safely, and permanently

The latest medical discoveries make it clear: The real key to losing weight isn't in calories, carbs, or exercise?it's learning to control blood sugar. By focusing on the healthiest carbohydrates and fats, *The Sugar Solution Cookbook* - by the Editors of Prevention magazine, with Ann Fittante, MS, RD - enables readers to keep their blood sugar in check?so they can keep their metabolism up, overeating down, and quell their cravings for fattening foods. They'll learn how to eat six meals a day while dropping a steady 2 pounds a week?and never regain the weight.

While some other popular diets are dangerously high in fat and deficient in fiber and other important nutrients, *The Sugar Solution Cookbook* draws on the latest research in the science of weight loss and features:

- a nutritionally balanced eating plan?created by a nutritionist and backed by *Prevention*, a name readers have learned to trust for safe, effective health information
- more than 200 mouthwatering, simple-to-prepare dishes, including such family favorites as All-American Pot Roast, Stir-Fried Orange Chicken and Broccoli, and Cajun-Spiced Oven Fries
- tips on how to substitute good fats and carbs in favorite recipes

And, since there are no forbidden foods in *The Sugar Solution Cookbook*, the dessert recipes include such delectable treats as Spiced Kahlua Custard, Peanut Butter Bundt Cake, and Dark Chocolate Pudding. Best of all, every splurge is guilt-free.

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