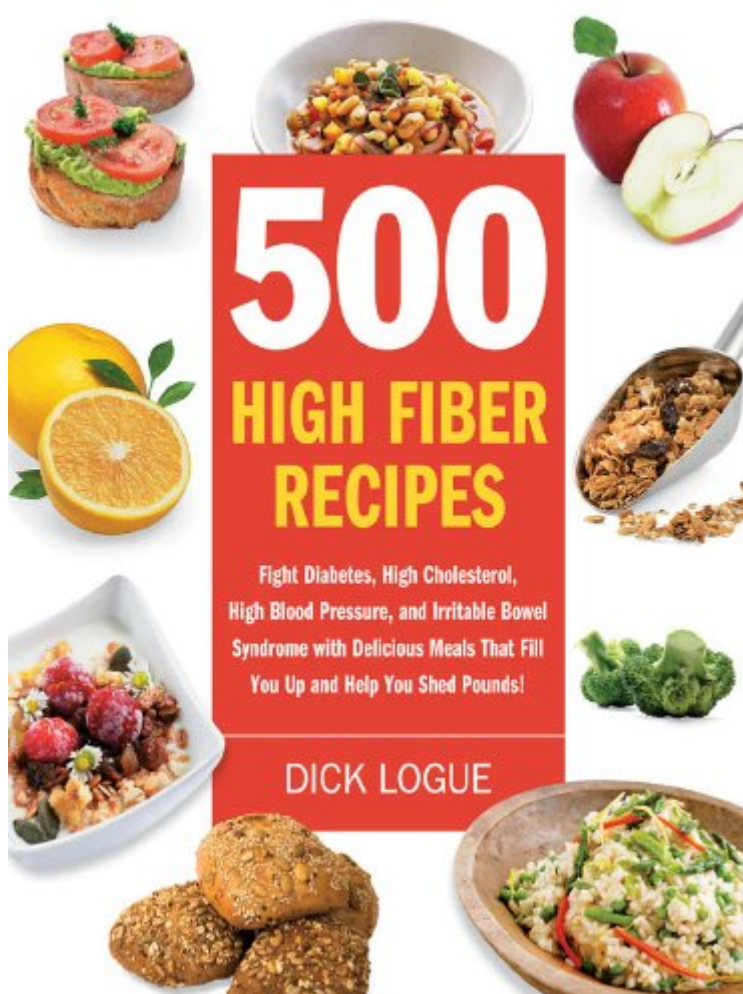


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# 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, And Irritable Bowel Syndrome With Delicious M



## Synopsis

A high-fiber cookbook that is good for the heart and gives you practically the most variety of any cookbook on the market. 500 High-Fiber Recipes proves that upping fiber doesn't mean cutting flavor, or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, readers get high-fiber versions of foods they thought they had to give up like breads, pasta dishes, and desserts. It's easy to stay the high-fiber course when readers find chapters dedicated to every craving imaginable including international cuisines, from Cajun and Mexican to Italian and Asian.

## Book Information

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## Customer Reviews

A lot of the recipes call for a lot of ingredients that you normally not have on hand..

I have several of the Dick Logue recipe books, they are all 'eh ok'. A lot of the recipes are very, very bland, and require sometimes double the spice on what the recipe calls for.

I originally checked this book out of the library and, after renewing it for the max number of times, ended up purchasing it on . Not only great for the medical issues it addresses, it is also a great cookbook for healthy eating. I'm addicted to the granola bars on page 110!

So far this has been a great cook book. The red bean dip is awesome. Winter Soup was equally good, and the chocolate peanut butter cookies are supper simple. Very easy and cheap recipe ideas and I have only tried three. I think we will easily be able to change to high fiber diet with this book.

Great variety of recipes to pick from.

Usually I find only 1 to 5 recipes from a cookbook that are worth making more than once. I found about 25 recipes so far and I have many more to try. Well worth the money. These recipes taste good and are easy to follow. You don't have to be a great chef to make these and have them turn out well. Family members are waiting in line to borrow the book for their use.

I stumbled on Dick Logue's low sodium web site many years ago and found it to be extremely helpful. This book is the same and the recipes are basic and easy to follow.

Lots of great recipes...I am enjoying it!!!

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500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious M Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Conquering Irritable Bowel Syndrome: Essential Tips to Prevent, Manage, and Eliminate IBS Forever (Irritable bowel syndrome, Irritable bowel, IBS, IBS diet, stomach problems Book 1) High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking) Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2,

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