



# **The Fat Chance Cookbook: More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight**

*Robert H. Lustig*

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**The companion cookbook to the *New York Times* bestseller *Fat Chance***

*Fat Chance* became an instant *New York Times* bestseller. Robert Lustig's message that the increased sugar in our diets has led to the pandemic of chronic disease over the last thirty years captured our national attention.

Now, in *The Fat Chance Cookbook*, Lustig helps us put this information into action for ourselves. With more than 100 recipes as well as meal plans, nutritional analyses, shopping lists, and food swaps, he shows us easy ways to drastically reduce sugar and increase fiber to lose weight and regain health – both for ourselves and for our families. Lustig also shows us how to navigate the grocery store with handy lists for stocking the pantry as well as how to read a food label in order to find hidden sugars and evaluate fiber content.

Accessible, affordable, and geared toward lasting results, *The Fat Chance Cookbook* will be a fun and easy roadmap to better health for the whole family.

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#### **Kristen Zamora:**

Why? Because this The Fat Chance Cookbook: More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the guide store hurriedly.

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The Fat Chance Cookbook: More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight can be one of your nice books that are good idea. We recommend that straight away because this guide has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The article writer giving his/her effort to put every word into joy arrangement in writing The Fat Chance Cookbook: More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight yet doesn't forget the main level, giving the reader the hottest as well as based confirm resource details that maybe you can be one among it. This great information can drawn you into brand new stage of crucial considering.

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