



Fat, Fiber & Low Sugar Cookbook: Give the Low Sugar High Fiber Diet a Chance - 40 Delicious & Healthy Recipes That Your Family Will Love

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"If You Have Read Fat Chance, This Cookbook Is For You!"

Delicious & Healthy

In this helpful cookbook, you will find 40 delicious recipes that are low-sugar and high in fiber, perfect for those following a "low-sugar, high-fiber with healthy-fats" program.

If you have not yet read the book *Fat Chance* or *Fat Chance Cookbook* by Robert H. Lustig, we highly recommend that you read both so that you will understand why we have carefully designed these recipes with very specific ingredients. We can not emphasize enough how life changing Dr. Lustig's books will be for your health.

Many recipes include ingredients that contain high levels of healthy fats, while avoiding trans-fats and omega-6 fats. Don't worry--as many of the health experts have explained, the Low-Fat, High Carb message that has been preached since the 70's is simply *bad medicine*.

The Importance of Fiber

Fiber is the other game changer when it comes to regulating insulin levels, and most of the recipes in this book include the types of fiber that will help you lose weight, lessen the effects of diabetes, and promote overall health.

We hope you love these recipes as much as we do, and experience the improved energy levels, weight loss, and overall better health that are a result of better food choices.

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Clark Abeyta:

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