



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 long-awaited cookbook companion to the instant *New York Times* bestseller *Fat Chance* shows you how to beat the odds—deliciously

Dr. Robert Lustig's message that *a calorie is not a calorie* revolutionized our understanding of weight loss and nutrition. But in order to avoid the hidden sugars that threaten our health and waistlines, Dr. Lustig warns that we must transform the way we shop, cook, and eat. Teaming up with Cindy Gershen—a chef who's lost more than one-hundred pounds on his plan—Dr. Lustig shows readers how to:

- Stock a pantry
- Prepare more than 100 fast and delicious recipes
- Feed a family—kids included—healthy foods they'll love
- Make entertaining easy and nutritious

More timely than ever now that newest edition of The Dietary Guidelines for Americans has for the first time placed hard limits on the amount of sugar we should consume, *The Fat Chance Cookbook* shows you how to lose weight, find your way back to health, and still enjoy delectable, memorable meals.

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Jacqueline Lewis:

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Charlie Attwood:

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Leroy Raymond:

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specific book was represented how does the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. Typically the writer made some study when he makes this book. This is why this book suitable all of you.

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