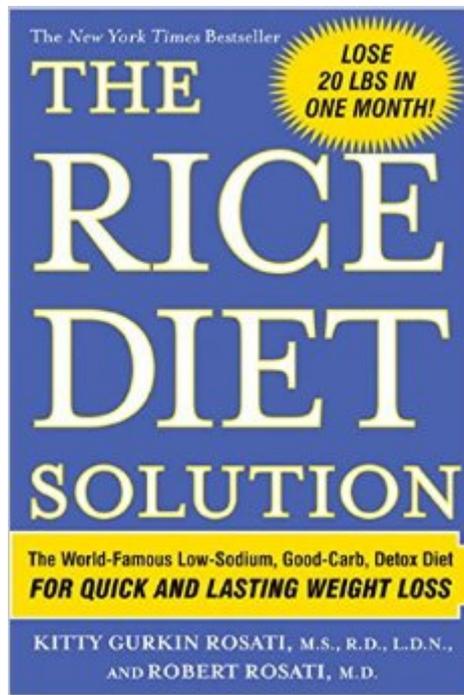


The book was found

# The Rice Diet Solution



## Synopsis

The New York Times bestseller. Before Atkins, before the low-carb craze, before counting calories, there was the Rice Diet Program. Founded by a pioneering Duke University physician in 1939, the Rice Diet Program has been helping dieters lose weight quickly, successfully, and permanently. Now, this world-renowned, medically approved weight-loss method can help everyone across the world--and not just those who travel to Durham, North Carolina. The Program offers a high-complex-carb, low-fat, and low-sodium diet that sheds excess body fat at an astounding rate. On average, men lost 28 to 30 pounds per month, and women lost 19 to 20 pounds per month. The diet also cleanses the body of water bloat and toxins, and has been seen to help with such chronic health problems as heart disease, diabetes, and hypertension. Included are hundreds of delicious, easy-to-fix recipes.

## Book Information

Paperback: 368 pages

Publisher: Berkley; Reprint edition (December 26, 2006)

Language: English

ISBN-10: 0425214664

ISBN-13: 978-0425214664

Product Dimensions: 6.1 x 0.9 x 9.1 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (109 customer reviews)

Best Sellers Rank: #65,320 in Books (See Top 100 in Books) #18 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains](#) #211 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #938 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

The Rice Diet Solution contains everything that I believe would help turn Americans around -- not only in regards to their weight problems, but also their propensities for mental and physical exhaustion. Essentially, this book espouses an Eastern lifestyle: lots of meditation, exercise, breathing exercises, and low sodium, whole grain meals. For example, the authors quote liberally from -- and highly recommend -- Zen Buddhist author Thich Nhat Hanh. On a philosophical level, I would rate the book five stars. But as a cookbook/lifestyle changing work, I'd give it 1 or 2 stars. Here's why: 1. The book is ponderously written, taking forever to make simple points clear. I found

myself reading and reading and reading, wondering when the authors would make their point. Too much background information.<sup>2</sup> The recipes listed in the Rice Diet Phases One - Three Weekly Menus are impossible to find in the index -- even the so-called Recipe Index. What they're called in the Weekly Menus, they're not called in the index. Sometimes, not even close. Or at all. Someone should have cross checked to see if there was consistency in recipe names. (Example: I dare anyone to find "Penne Pasta in 'Meat' Sauce" listed on page 185 of the Wednesday Lunch menu in the index in the back of the book.)<sup>3</sup> As my wife pointed out, the amount of food created for just one week of this diet would be so unbelievably wasteful as to fly in the face of the Zen Buddhist way of life. For example: Hardly any recipes are repeated throughout the week. So, in effect, you're creating 2-4 new dishes for every single meal, every single day! Let that sink in a minute. Then imagine the grocery bill, as well as the level of waste involved.

[Download to continue reading...](#)

Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes) Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes Quick And Easy The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love! The Rice Diet Solution The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Accessible XHTML and CSS Web Sites: Problem - Design - Solution (Wrox Problem--Design--Solution) Fried Rice Recipe Cookbook: 20 Easy Dishes (Jeen's Favorite Rice Recipes) The Ultimate Rice Cooker Cookbook : 250 No-Fail Recipes for Pilafs, Risottos,

Polenta, Chilis, Soups, Porridges, Puddings and More, from Start to Finish in Your Rice Cooker  
(Non) Aroma Rice Cooker Cookbook: 50 Top Rated Aroma Rice Cooker Recipes-Tasty Meals With  
The Perfect Blend Of Grains And Veggies Easy Rice Cooker Cookbook: Surprising Effortless  
Recipes You Can Do With A Rice Cooker Rice Cooker Recipes - Your Ultimate Rice Cooker  
Cookbook: Meals the Whole Family Can Enjoy! Chicken and Rice Cookbook: 20 Healthy Dishes  
(Jeen's Favorite Rice Recipes)

[Dmca](#)