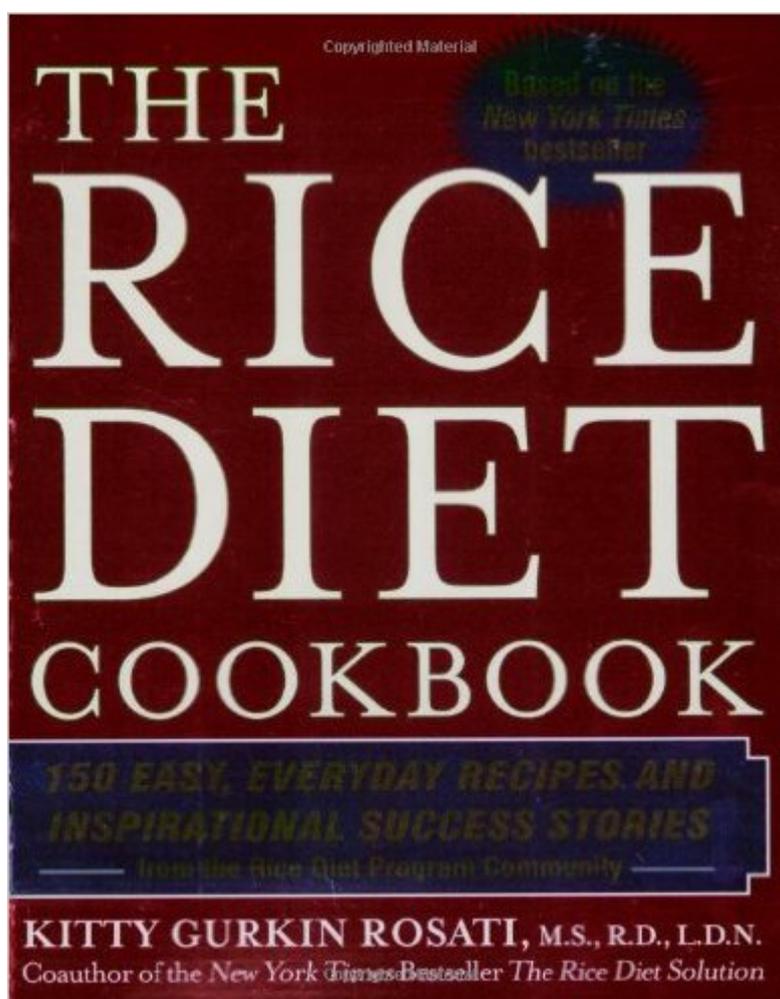


The book was found

# The Rice Diet Cookbook: 150 Easy, Everyday Recipes And Inspirational Success Stories From The Rice Diet Program Community



## Synopsis

Based on the New York Times bestselling Rice Diet Solution. After the success of The Rice Diet Solution, the Rice Diet Program's message boards were bombarded with pleas and suggestions for more Rice Dietfriendly recipes. The result is this collection of healthy whole-food dishes, which includes personal favorites from the Rice Diet kitchen as well as from successful dieters who want to share their weight-loss tips with everyone who intends to lose weight and live a healthier life. Includes such recipes as: • Basil-Mint Quinoa Salad • Roasted Red Pepper Lettuce Wrap • Zesty Sweet Potato Chips • Pan-Seared Sea Scallops • Chocolate-Banana Cream Custard • Toasted Ginger Papaya And many more!

## Book Information

Paperback: 368 pages

Publisher: Berkley (December 18, 2007)

Language: English

ISBN-10: 0425219100

ISBN-13: 978-0425219102

Product Dimensions: 7.4 x 0.9 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars • See all reviews (52 customer reviews)

Best Sellers Rank: #320,052 in Books (See Top 100 in Books) #78 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #661 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #2864 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Well, I would recommend this cookbook for anyone on the Rice Diet, as it DOES give you more ideas and options for the diet menus, but there are some drawbacks. First, of 336 pages, only about 187 pages are recipes. The rest is a repeat of the diet information you have in the Rice Diet Solution, so you don't really need both books. If you are choosing just one, I guess I would go with the cookbook, as Solution has only 100 pages of recipes, but the recipes do not seem to be duplicated in both, so for variety you may want both. As far as an aesthetically pleasing cookbook, this one gets low marks. While the few photographs they have are lovely, they are grouped together in the middle of the book instead of with the recipes they depict, so they don't really help in imagining what the dishes look like as you browse the recipes for planning. A majority of the recipes

in RDC are VERY basic and simple, like Elvis Almond Butter and Banana Sandwiches, or Quick and Crunchy Veggie Spread, so this would be good for someone looking for a variety of easy dishes to get them through the diet. The book includes three weeks of sample menus which takes a lot of the planning burden off the dieter. The recipes are divided up by the categories in which they fall, like Starches, Protein, and Fruits, within the categories of Breakfast, Lunch etc., making it easy to use them to plan your own menus. As far as the dishes themselves, while there is a large variety from which to choose, very few of them jump off the page and scream "Oh, try this one!" There are a LOT of side dish recipes, which should really help with the vegetable blahs in mid diet.

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

The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community  
The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community  
Rice Rice Baby - The Second Coming Of Riced - 50 Rice Cooker Recipes (Rice Rice Baby, Rice Cooker Recipes)  
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 Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2)  
Rice Cooker Recipes: 50+ Rice Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes)  
The Ultimate Rice Cooker Cookbook: The Best Rice Cooker Recipes Cookbook You Will Find; Over 25 Mouthwatering Rice Cooker Recipes You Will Love!  
Rice Cooker Zojirushi Guide: The Best Recipes For Your Rice Cooker: Make The Best Tasting Rice Cooker Recipes  
Quick And Easy 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)  
Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker)  
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  
Fried Rice Recipe Cookbook: 20 Easy Dishes (Jeen's Favorite Rice Recipes)  
Easy Rice Cooker Cookbook: Surprising Effortless Recipes You Can Do With A Rice Cooker  
Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ...  
Broth, Bone Broth Diet, Bone Broth Recipes)  
Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch,

Snacks and Dinner) Vegan: 100 Delicious Recipes For The Beginner Vegan,,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) The Rice Recipes Cookbook: Delicious & Healthy Rice Recipes That Everyone Will Enjoy! Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40)

[Dmca](#)