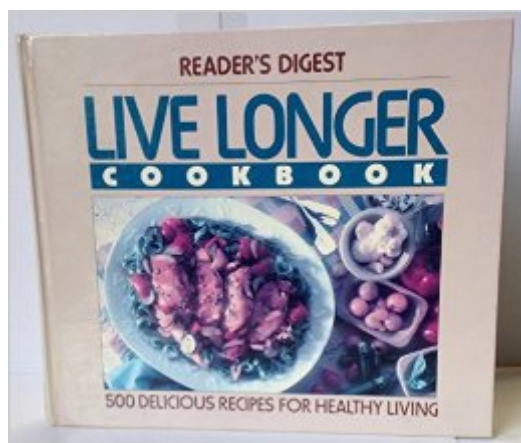


The book was found

# Live Longer Cookbook



## Synopsis

Emphasizing low-fat, low-salt, and low-calorie dishes, this healthy-living cookbook combines five hundred delectable, nutritionist-approved recipes with an informative, up-to-date guide to nutrition, weight control, and healthy cooking tips. 20,000 first printing.

## Book Information

Hardcover: 352 pages

Publisher: Readers Digest (February 1, 1993)

Language: English

ISBN-10: 0895773953

ISBN-13: 978-0895773951

Product Dimensions: 8.7 x 0.9 x 10.1 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #1,767,693 in Books (See Top 100 in Books) #96 in [Books > Health, Fitness & Dieting > Nutrition > Fiber](#) #1373 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#) #4104 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#)

## Customer Reviews

I bought this book through the mail and it is awesome! My friends keep borrowing it and it's always somewhere else. Some of my friends would BUY this book if it were available. AND I would give this cookbook for a gift IF it were available. The Live Longer cookbook has great pictures and easy to follow recipes and every one that I have used has been delicious. I sure do hope that it is reprinted sometime soon.

This is an excellent source of information. It is sound advice that should be included on every person's "will read this book list". If you follow the advice and the recipies not only will you be healthier but your friends and family will be delighted with the delicious food you'll prepare. Show all of these letters to the publisher and get them to print more copies. This is truly a winner in the jungle of the so-called nutritional,healthy ,lose weight barage of nonsense that the best seller list calls "the latest and greatest". This book is a sleeping giant!

I stumbled on this book at our local library, and was very disappointed that it is not currently available. I have made about 10 of the recipes from the book, and each one of them was a "winner"

with my husband and two children. I will keep checking (and hoping) to see if this book is re-printed, so I can own a copy of it myself.

It must have been 15 or so years ago that my father gave me this cookbook as a gift. I was in college. Now, I have my own family and I refer to this cookbook more than any of the many others I have. Not only does it have simple, healthy, tasty recipes, it has taught me a lot of cooking basics, making me a more skilled cook. At this point, chunks of pages are falling out and I'm starting to panic since it is out of print. If there is any cookbook I would pass on to my children it would be this one. The recipes are also easily adaptable to your own tastes. One of my favorites is the cheesy enchilada recipe, a meatless main dish that I have adapted. It is my favorite meal to eat out of everything in my repertoire. I love this book.

This book was purchased for a friend who must watch her fat intake. Most recipes in this cookbook fit her requirements. The recipes appear fairly quick and easy without requiring a trip to ethnic grocers or buying via an order. Most are accompanied by a clear, beautiful photograph. I think I'd like a copy for myself.

I hope this book gets reprinted because I know a lot of people who are looking for just such a well-done collection.

A friend of mine let me borrow his book and my wife and I like the recipes so much, we hated to give it back, so I looked for it and found it on . If you want to eat great, healthy meals, then this is the book for you.

Just yesterday, we made the tabbouleh and yellow pepper recipe. Fresh and delicious! The split pea cauliflower soup with it's interesting seasonings make it scrumptious! Years ago, I took a \$10 chance when buying this cookbook as a remainder. It turned out to be a terrific investment as this is one of my all time favorite cookbooks. Carnivore or vegetarian, Weight Watcher Points Plus or hearty eater, international flair or eating local: This cookbook has something for everyone. The format is perfect, too: Easy to follow recipes with nutritional information and wonderful photos to stimulate your appetite and creativity. This is my go-to cookbook. I just wish that Reader's Digest would reprint it.

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

Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) The Liver Cleansing Diet: Love Your Liver and Live Longer Live Longer Cookbook The FastDiet - Revised & Updated: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free Cheating Father Time: 77 Anti-Aging Hacks to Stop the Clock and Live a Longer, Healthier and More Fulfilling Life: (Build the Habits to Age with Grace and Become Sharper & Stronger by the Year!) Live Better, Longer: The Science Behind the Amazing Health Benefits of OPC Intermittent Fasting: Burn Fat Extra Fast, Gain Muscle and Live Longer The Perricone Promise: Look Younger, Live Longer in Three Easy Steps The Okinawa Diet Plan: Get Leaner, Live Longer, and Never Feel Hungry The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health The DHEA Breakthrough: Look Younger, Live Longer, Feel Better Eat Less, Live Longer: Your Practical Guide to Calorie Restriction with Optimal Nutrition The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger Cholesterol: The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease) Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners)

[Dmca](#)