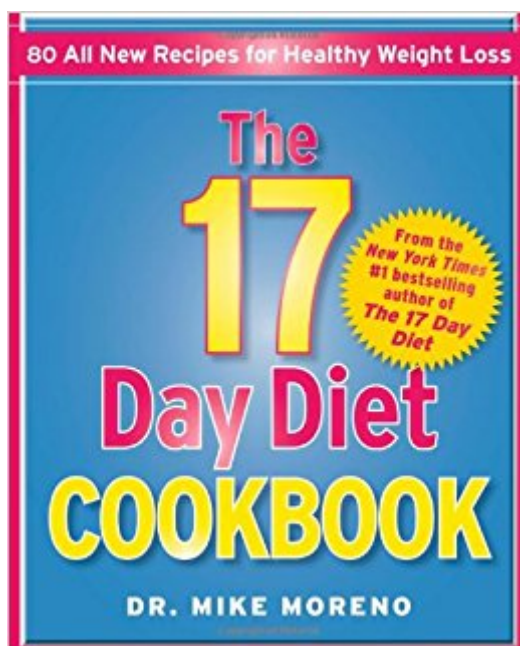


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# The 17 Day Diet Cookbook: 80 All New Recipes For Healthy Weight Loss



## Synopsis

Based on the New York Times bestselling book and revolutionary diet program that has swept the nation, a collection of easy, delicious, and healthy recipes that will help readers lose weight fast, and keep it off. The #1 bestselling 17 Day Diet offers a lifetime plan for shedding pounds fast in a safe and lasting way. Now, The 17 Day Diet Cookbook is here to help you meet your weight loss goals in a healthy and delicious way. Packed with brand-new recipes, The 17 Day Diet Cookbook offers an easy way to prepare healthy meals at home that will appeal to the whole family. Organized to help you follow the diet's 17-day cycles, the cookbook contains easy recipes for breakfasts, lunches, dinners, snacks, and desserts. Designed for the busy home cook, these nutritious and tasty dishes take about half an hour of active preparation and do not taste like diet food. You will be able to craft great meals that will satisfy everyone you're feeding while helping you reach your weight loss goals.

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## Customer Reviews

Dr. Mike Moreno is a graduate of the University of California at Irvine and Hahnemann Medical School. Following his residency at Kaiser Permanente in Fontana, California, Dr. Mike moved to San Diego, where he now practices family medicine and sits on the board of the San Diego Chapter of the American Academy of Family Physicians.

INTRODUCTION Quick show of hands: How many people have rapidly lost a significant amount of

weight on the 17 Day Diet? Let's see, that's one, two, three . . . uh, looks like a lot of people. Now, I'm happy to say that you're going to be able lose even more weight and enjoy it even more with this brand-new cookbook. Introducing The 17 Day Diet Cookbook. Before you start to panic, rest assured that you don't need to shout and jump and spin knives, make meals that look like a major work of art, or get a degree from Le Cordon Bleu. All you need are some easy-to-follow, easy-to-prepare recipes that are extraordinarily delicious. This cookbook gives you all that and more. Most of the recipes can be prepared in 30 minutes or less. There are no long lists of ingredients, complicated cooking methods, or hard-to-understand directions. All the recipes are built around the foods you eat on the 17 Day Diet. The 17 Day Diet is a 4-cycle nutrition program that makes it fast and easy to lose weight, without feeling deprived or hungry all the time. With this companion cookbook, you'll have delectable recipes at your fingertips so you can lose even more weight without giving up delicious foods. It's the perfect way for people with refined palates to lose weight and get healthy. As a family practice physician and an advocate of preventive health, I believe healthy food can still be wonderful. I refuse to accept that a diet has to involve going to extremes or that diet food has to taste like cardboard. It doesn't! It just has to be thoughtfully prepared, in a reasonable amount of time, and taste incredibly good. That's the kind of food you'll find in this book. I encourage you to try several of these recipes each week to reap the benefits. Broken record, I know, but if you're going to eat healthily and lose more weight, you need to cook more at home. When you do, you have control over what you eat and more control over how much weight you ultimately lose. My nutrition team has developed recipes that taste good and are high in nutrition. We use ingredients that are mainly found in your average grocery store. Use these recipes, and you may never feel like you're on a diet, either! What I enjoyed most about putting this cookbook together was that I got to sample and test new recipes before they appeared in this book. Some of my favorites are Polynesian London Broil, Tuscan Pork Tenderloin, Crab Cakes, Open-Faced Reuben, Spiced Edamame, Microwaved Mashed Potatoes, Mexican Chocolate Pudding, Chocolatey Frozen Yogurt . . . well, I could go on and on. They're all my favorites! I'd like to emphasize, too, that cooking at home can also save you a bundle, because you'll likely spend less buying groceries than eating out, and it even can make dating cheaper. After all, who isn't impressed by a partner who knows how to cook? Restaurants must charge high prices in order to pay their employees and other bills. If you cook at home, you design the menu and keep the tips yourself! For health and wealth, there's just no match for a good home-cooked meal, so please start serving more of them. Home cooking isn't

rocket science, either. Lots of us cook and eat. And lots of us love to talk about cooking and eating. We're obsessed with food. With all due respect to baseball, eating is America's real national pastime. Personally, I just love food. Food and I go way back, more than 43 years now. One of my favorite ways to relax from a day at my office is to come home, roll up my sleeves, and fire up the oven. I'm quite satisfied in the kitchen, experimenting with new recipes, sipping a glass of wine, and enjoying what I've created. And you'll get to enjoy some of these creations right here in this book. So, if you're in a dietary rut, want to lose even more weight, or are in need of a little inspiration, The 17 Day Diet Cookbook is for you!

### Refresher Course: The 17 Day Diet

The 17 Day Diet is a 4-cycle program designed to take weight off rapidly. Isn't that what you want? Hardly anyone I know likes to endure depressingly slow weight loss. We want to be trim now, look great now, and feel great now. The 17 Day Diet gets you to where you want to be quickly, without a lot of sacrifice, hunger pangs, or cravings. The diet is nutritionally sound, easy to follow, and it works. I call it the best thing since the sliced bread you'll give up (but only for the first 2 cycles). Trust me, this is a phenomenal diet. I've had people lose 10 to 12 pounds over the first 17 days, and kept losing steadily right down to their goals. Of course, individuals do vary in their results. The beauty of this program is that you won't get discouraged or bored by the prospect of staying on a diet for what seems like forever because you're shedding fat so quickly. You'll love the fact that in 7, 10, or 17 days, you'll be slimmer. And if your results are like so many others, you'll feel a lot lighter and have an absurd amount of energy.

### Overview of the 4 Cycles

The beauty of the 17 Day Diet is that it works in 4 cycles, depending on how much weight you'd like to lose. Cycle 1 is the initial 17 day period during which you give up all bread, rice, potatoes, pasta, baked goods, fruit, candy, cake, ice cream, and alcohol. It's the strictest period, but also when the most rapid weight loss occurs. And it's easier than you think. You won't even miss carbs after a few days, because your body gets used to not relying on them. You get to eat unlimited amounts of certain proteins and vegetables. And you'll supplement your daily diet with probiotics like yogurt and kefir, foods shown in research to help the body burn fat. The great thing about Cycle 1 is that you can use it anytime: when you need to break a plateau, get back to your goal weight, fit into a smaller dress size for the weekend or a swimsuit for a cruise, anytime you want to accelerate your weight loss and do it safely. Cycle 1 is one of your best quick-weight loss resources. During Cycle 2, you slowly begin to reintroduce certain carbs, such as legumes, whole grains, and starchy vegetables, along with lots of other foods. Weight loss continues, and still fairly rapidly. And now, you can drink a little wine, something most diets forbid.

On Cycle 3, you get to eat a huge array of healthy foods: breads, more meats, more starches, and fun foods like low-carb frozen dessert treats. You ease off some of the strictness of the first 2 cycles, while still continuing to knock off pounds. Every 17 days you're changing things up, so you never get bored. Every day is exciting, because you see the results on your scale or in your more loosely fitting clothes. Cycle 4 is the maintenance period that, ideally, you stay on the rest of your life. It lets you stay at your new weight as long as you do two things: enjoy yourself on the weekend, and use your favorite cycle during the week. So, once you're happy with your new svelte self, continue to enjoy occasional forbidden foods. Just do so carefully or you'll find yourself back on a slippery slope to your prediet weight. If you fall off the wagon for a weekend or, say, on a vacation, don't panic. Just jump back to Cycle 1 to quickly shave off any weight you gain.

Why the 17 Day Diet Works So Well

Eliminating unhealthy foods from your system keeps them from making a beeline to your belly and elsewhere. Healthy foods do the opposite. The higher amounts of lean protein you eat on this diet, for example, boost your metabolism in a number of physiologically active ways. This diet is high in fiber, too, which is an appetite suppressant, a detoxifier, and a food component that ushers bad calories out of your system before they have time to camp out on your thighs. Then there is the addition of probiotics, now believed to keep fat formation in check. Another reason that the 17 Day Diet works is because you're changing your calorie count and the foods you eat. By varying these things, you keep your body and metabolism guessing. I call this body confusion. The scale is less likely to get stuck. The added bonus: You'll never get bored. And it's fun watching those pounds melt off. So, confusion is good! But, more important, the 17 Day Diet works because it's realistic and sustainable. Nothing derails a diet faster than distressing round-the-clock hunger pangs, or boredom. But the 17 Day Diet isn't about depriving yourself of food or variety. I encourage you to eat until you are no longer hungry, even snack between meals, as long as you're eating the right foods. That doesn't mean just broccoli, either. Nuts, cheeses, and other delicious foods are permitted as you progress through the cycles. There are so many choices, too, that you'll never get bored. Let's Start Cooking and Losing You've read this and you're a believer, and you can't wait to get started. To learn all the intricacies of how and why the diet works, you need to get the book, *The 17 Day Diet*, and its other companion book, *The 17 Day Diet Workbook*. If you can't get to the bookstore right away, here's an overview of the diet:

Quick and Easy Overview of the 17 Day Diet Cycle

Purpose

Cycle 1: Accelerate (17 days) To promote rapid weight loss by improving digestive health. This cycle helps clear sugar from the blood to boost fat-burning and discourage fat storage. Cycle 2:

Activate (17 days) To reset your metabolism through a strategy that involves increasing and decreasing your caloric consumption to stimulate fat-burning, and to help prevent plateaus. Cycle 3: Achieve (17 days) To develop good eating habits through the reintroduction of additional foods and move you closer to your goal weight. Cycle 4: Arrive (ongoing) To keep you at your goal weight through a program of eating that lets you enjoy your favorite foods on weekends, while eating healthfully during the week.

How to Use This Cookbook For losing weight on The 17 Day Diet, this cookbook is divided into three easy-to-digest sections: Cycle 1 Recipes and Cycle 1 17 Day Meal Plan Cycle 2 Recipes and Cycle 2 17 Day Meal Plan Cycle 3 Recipes and Cycle 3 17 Day Meal Plan Each section features delicious breakfasts, lunches, dinners, and snacks that match the cycle you're in. I show you how to use those recipes by giving you menu plans for each cycle. That's a total of 51 daily menus to help you. Follow these delicious meal plans, week by week. They will give you structure, which helps guard against unplanned eating, plus you can learn about some new foods and ways to prepare them. The meal plans are low in fat, high in fiber, packed with nutrition, and designed to trigger rapid weight loss. I strongly believe that the way you eat to control your weight must continue for the rest of your life. These meal plans can help you do that. They provide a lifelong foundation for a healthy, enjoyable, and satisfying way of eating. Now that you're acquainted with how the 17 Day Diet works in conjunction with this cookbook, it's time to take action. People who have used this plan have told us they could not believe how effortless it was to lose weight and keep it off. Why? Because the 17 Day Diet is a way of life. Unlike your past dieting experiences, you'll never need to quit. As long as you keep going, you'll see results. Beginning in Cycle 1, you'll start to shed unwanted pounds and renew your vitality. I know you'll enjoy what we've cooked up here. These are recipes that can satisfy your appetite and help you drop pounds. Each one has been created to help you succeed at getting your weight under control without skimping on the flavors you love. I know you want meals that are quick and healthy. You want them to taste wonderful, you want them to help you lose weight, and you want them now! Seems like a tall order, but that's what these recipes deliver, especially if you're prepared. Just start with a cycle's worth of meals, and do it. Having the right ingredients on hand, plus kitchen equipment that makes preparation easier, will make cooking quicker and more healthful. Time-savers are built into each recipe, too. For example, they take advantage of healthy convenience foods available in supermarkets, such as boneless, skinless chicken breasts. All you have to do is apply the finishing touches. For side dishes, you'll use quick-cooking staples such as washed greens and salad mixes, frozen fruits and vegetables, and quality convenience

products, such as prepared salad dressings and low-calorie condiments. Preparing the 17 Day Diet recipes requires no special equipment, although some appliances (suggested but not required) can help, and these are listed for you here. There are few meals that can't be made leaner or healthier by using cooking methods such as broiling, steaming, baking, lightly stir-frying, microwaving, and sautéing in water or with vegetable cooking spray. With every new recipe you try, you will discover low-fat and low-carb cooking tips; healthy methods of food preparation; ways to cut the fat, sugar, calories, and cholesterol; and how to use fresh herbs and spices to add flavor. We also include important information on kitchen tools that can help you prepare healthful meals. You may already have a lot of the gear in your kitchen. The rest you should be able to pick up at any kitchenware or houseware store. Consider these tools to help you get your weight under control. The more weight-loss tools you have, the more successful you will be. Now, the 17 Day Diet recipes. Enjoy!

**Pots and Pans** Look for heavy pots and pans, preferably with nonstick coatings and tight-fitting lids. The nonstick coating can help you cut down the amount of oil or other fats you need to coat the pan, and it'll make cleanup a lot easier. Saucepans: at least three (one 1-quart pan, one 2-quart pan, and one 3-quart pan) Skillets: two or three (one 7- and/or 8-inch skillet and one 12-inch skillet) Soup pot: one 5- or 6-quart pot

**Utensils** Stocking your kitchen with the following utensils will make your culinary efforts easier and more enjoyable. You may even find that having a couple of sets of some items, such as wooden spoons and spatulas, is more convenient than having to wash the tools several times throughout the preparation of a dish or meal. Colander Cutting board Egg separator Garlic press Grater Kitchen scissors Spatulas Strainer Timer Whisks Wooden spoons

**Other Useful Items** If you have the storage space in your kitchen, these additional items are less essential, but definitely helpful. Baking pans: at least one 13- x 9- x 2-inch pan; at least one 8- x 8- x 2-inch pan Muffin tin: one or two Baker's rack: preferably a large, square one, for cooling bread and muffins. A rack permits the air to circulate, reducing sogginess. Casserole dishes: at least two (one 1 1/2 -quart dish and one 3-quart dish), with covers Mixing bowls: several sizes Slow cooker (such as a Crock-Pot): good for soups and lean cuts of meats Steamer rack: for cooking vegetables and reheating foods that do best with moist heat Wok: for stir-frying and steaming

Although it's tough for the first 17 days, I can only say that I lost 24 pounds in 40 days on this diet. I highly recommend AT LEAST reading the first 3 chapters to "get it", and then make yourself a shopping list and go for it. I started it again 10 days ago and I'm already noticing the weight loss. I mean shoot, you can do ANYTHING for 17 days, right???

This works! FACTS: Started about 6 weeks ago. Down 22 lbs and still losing. I am NOT counting calories. Cravings are all but a memory. Just had physical; blood test results best in years. The book has quite a bit of good information for those who need to understand the reasons why it does work. But, you don't have to "digest" all the explanation, simply read through the phases, learn what to eat and what to expect. This is way beyond a diet plan, it helps you change the way you eat. Thus far, I would have to say it is very sustainable. I've tried some of the recipes offered in the book. Those I tried have been easy to prepare and delicious; my favorites - chili, chicken vegetable soup, and power cookies (too bad the cookies don't fall into the unlimited daily consumption category). If you start it, stay with it. If you are like me and you like your sweets and/or your breads, the first 2 to 4 days is the period during which you will require some will power. Once your blood sugar evens out, the cravings drift away and are replaced with noticeably more energy. If you feel hungry while on this diet, you probably are not eating enough. If you have a smart phone, I would suggest a Kindle copy of the book if you have a smart phone. The Kindle app allows you to quickly access food lists in case you make an impromptu grocery stop. Enjoy! C

A lot of good information and very easy to use. I have had great success with the 17 Day Diet. I lost 21 pounds in 19 days and my energy level has never been better. I highly recommend it!

Best diet I've ever tried! Having recipes categorized by which cycle of the diet you're on makes it easy to look things up. I just wish the index were better.

I love everything, 17 Day Diet! This plan works! I lost about 40# in under 4 months. Effortless. I felt full of energy. Never hungry or deprived. After doing every diet on the planet, THIS one wins, no contest!!! Love it!

Some great additional recipes to supplement the 17day diet book. While I did not have that much weight to lose, the diet still changed my life in terms of eating healthy and cooking delicious, simple meals. Happy to have these extra recipes. It is not a very thick book, but worth while for those who like the diet. Understand that this book does not fully explain the diet, only partially, it is meant to supplement the 17 day diet book.

I love the actual book, but the product quality was not what it said it would be. I ordered a good



quality used book, and mine came without a dust jacket and the corners were more banged up than A good quality level of book. It also has a significant number of pages with the corners folded down. It should have been marked as acceptable simply because the dust jacket was gone, and that should have been disclosed in the notes before it was purchased.

I just started The 17 Day Diet yesterday, 1/4/15, and I have already lost 3 pounds! It was good and painless and doable! The recipes in this book look amazing.....Haven't had time to try them since I just started yesterday, but they don't take a lot of time and effort and the sound amazing. I recommend that you get all three books, the diet, the workbook and the cookbook! This diet is great! The recipes in the back of the diet book sound wonderful also! That's what inspired me to get the cookbook! If I am going to be on this diet the rest of my life I want something with variation to cook and eat.

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