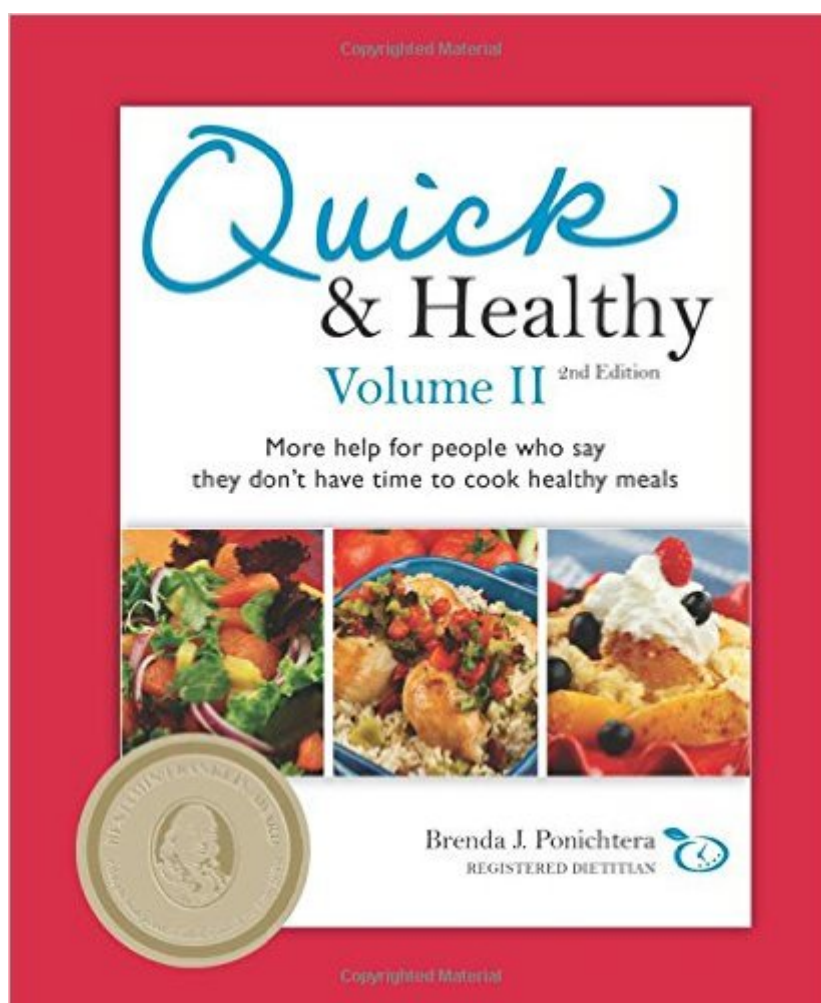


The book was found

# Quick & Healthy Volume II: More Help For People Who Say They Don't Have Time To Cook Healthy Meals, 2nd Edition



## Synopsis

Over 750,000 copies of Quick and Healthy Vols. I and II sold This second edition of this best-seller includes ten weeks of easy low-fat dinner menus, each with a grocery list AND over 100 menus listed by category. Designed for busy people with lots of good intentions and little time to cook, Volume II also offers over 200 easy, low-fat recipes and lots of tips to make healthy eating easier than ever. It includes practical nutrition information to improve your health, including tips to reduce fat, guidelines for changing recipes, tips for eating out and holiday guidelines; a worksheet for determining ideal weight, calorie needs and recommended fat grams; recipes listed by grams of carbohydrate; food exchanges for weight loss and diabetes; and much more! It's also perfect for anyone wanting to lose weight or anyone with heart disease or diabetes. Quick And Healthy Volume II and its companion, Quick And Healthy Recipes and Ideas, are both Benjamin Franklin Award winners and are two cookbooks dietitians and physicians are recommending to all their patients. "My patients love cooking with this cookbook! Quick And Healthy Volume II is a great addition to any kitchen!" Georgia Kostas, MPH, RD, Nutrition Director, Cooper Clinic, Dallas, TX. My favorite cookbooks focused on healthy, quick recipes include the Quick And Healthy series by Brenda J. Ponichtera. -David L. Katz, MD, director of Yale-Griffin Prevention Research Center, medical consultant for ABC News, and columnist for O, The Oprah Magazine.

## Book Information

Plastic Comb: 329 pages

Publisher: Small Steps Press; 2nd edition (May 7, 2009)

Language: English

ISBN-10: 0981600115

ISBN-13: 978-0981600116

Product Dimensions: 7.6 x 0.7 x 8.3 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (48 customer reviews)

Best Sellers Rank: #533,304 in Books (See Top 100 in Books) #56 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #488 in Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #1576 in Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

I have so many cookbooks that I look at once or twice and never use. This is not one of those

books! I received my book about two weeks ago and have already prepared 5 of the recipes. They were all fast and easy to prepare with ingredients that I already keep in my home. Best of all...My husband and kids loved them, they didn't even notice that they were eating healthy foods. Our Favorite so far is the recipe for Chicken Enchiladas. I have now ordered the first volume of this book and anxiously look forward to receiving it too!

I've had both of these cookbooks for several years now. They are pretty ragged because they've been used so much! It would not be an exaggeration to say that we have fixed over 50 recipes between the two books. Both my husband and I work, and we have two children. These cookbooks have made our lives so much easier. The recipes are easy to prepare, don't involve too many steps or ingredients, and use "normal" ingredients that are easy to keep on hand. A few of our favorites: Chicken Stir-Fry Sandwich, Ricotta Pizza, Seafood Gumbo, Chicken Rainbow Salad, and Frozen Fruit salad (which we divide into four containers and eat for dessert every few nights.) We do occasionally tweak things to match our tastes, but I've found most of the recipes are very flavorful. I love these cookbooks. I wish Mrs. Ponichtera would write a few more!

I have both this book and the first one. I found them browsing in a book store, paid full cover price, and I'm not sorry. They are excellent!!! If you are on a low salt diet, you can use most of these recipes without modification. If not, you can simply salt or spice to taste if you desire more robust flavor (but I've only found this necessary once or twice). Two improvements I would recommend - the weekly menus should have page #s for recipes from the book, and the menu plans should take into account the food that you are already buying for the week. For example, I've had to buy some things that only come in 16oz packages for just one recipe that only required 1oz! So, the weekly menu plans should try to reuse similar ingredients, as much as possible while still providing variety. But, both of these issues can be worked around with just some simple pre-planning before you go shopping. My husband hasn't even noticed he's eating healthier - and this is someone who always picks the worst kinds of food to eat. My Dr. recommended I lose some weight. After buying these books, I brought them in and asked her opinion of them. She liked them so much, she made photocopies of the covers so she could recommend them to her other patients! Hope you enjoy it as much as I have!

This is the cookbook I depend on. I am a Lifetime member of Weight Watchers, and I used this book (and the other Quick and Healthy) when I was losing weight, and still use it all the time now that I

am maintaining. There is enough nutritional information to calculate points. The ingredients are all readily available in our small town. You don't spend all afternoon in the kitchen. Everybody likes the result! I can't say enough good things about these books.

This cookbook is just what it claims to be and the menu suggestions are a great help in providing a complete meal. I have tried recipes from each category and feel confident that ingredients and cooking times are accurate. Flavor is never sacrificed even when being conscious of dietary needs. Servings are just right for couple or provides leftovers for single person. I'm buying it for friends!

This is the cookbook I wish I had written. It is practical, doable, using ingredients I can purchase in my small town. My husband and I are watching our cholesterol, as is our grown son, whose wife is trying to lose weight. I purchased or checked out many cookbooks when I learned I needed to change our eating habits - these are the best by far. We have liked every recipe we have tried - and many ideas I had learned by myself, like cornstarch gravy without fat, are included in this or the first book. I now cook almost exclusively from the two books by Ms. Ponichtera. I recommend them to everyone when the subject turns to diets.

I love this book! I am recently married, and one of my jobs has been to reform my husband's HORRIBLE eating habits. While I can be happy eating stir-fried veggies, he really wants more than "rabbit food". This book keeps us both happy. The recipes consistently turn out great, so I can try a new one with confidence. My husband thinks he is getting away with something because the food tastes too good to be healthy. The Sour Cream Enchiladas and the Parmesan Fish Fillets have been particularly big hits. I don't own the first volume, but I plan on buying it soon.

I have an autographed copy of this cookbook, compliments of my mother a registered dietician. I think she bought one for everyone she knows. As a busy mother of a two year old and a three month old, I use this cookbook four or five times a week. I make many of the Quick and Healthy Breads into Quick and Healthy mini muffins for a healthy snack for my 2yr. old and he loves them. These recipes are simple and tasty, but there have been some which I have modified, because they were too bland - the unstuffed cabbage rolls for example. Overall, this is a great tool to have in the kitchen.

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

Quick & Healthy Volume II: More Help for People Who Say They Don't Have Time to Cook Healthy

Meals, 2nd Edition The 100 Best Business Books of All Time: What They Say, Why They Matter, and How They Can Help You A Tear And A Smile: "If you love somebody, let them go, for if they return, they were always yours. If they don't, they never were." Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Never Let a Fool Kiss You or a Kiss Fool You : Chiasmus and a World of Quotations That Say What They Mean and Mean What They Say Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Conversationally Speaking: WHAT to Say, WHEN to Say It, and HOW to Never Run Out of Things to Say (Communication Skills, Social Skills, Small talk, People Skills) Microwave Meals (5 in 1): No-Mess Quick and Easy Microwave Recipes, Mug Meals and Mug Desserts to Cook in No Time Keep It Shut: What to Say, How to Say It, and When to Say Nothing at All Keep It Shut Study Guide: What to Say, How to Say It, and When to Say Nothing At All Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) "They Say / I Say": The Moves That Matter in Academic Writing, with Readings (Third Edition) "They Say / I Say": The Moves that Matter in Persuasive Writing Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Statistics for People Who (Think They) Hate Statistics (Salkind, Statistics for People Who(Think They Hate Statistics(Without CD)) How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills)