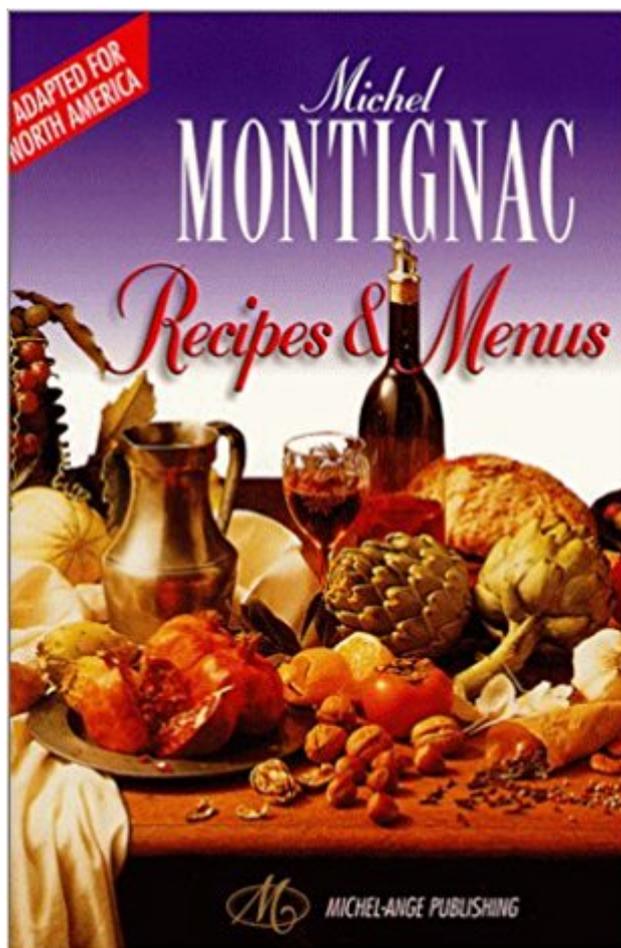


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# Michel Montignac Recipes And Menus (Adapted For North America)



## Synopsis

Michel Montignac's Method for weight loss and maintenance will revolutionize the way you look at food. This Frenchman's approach is the only one that truly emphasizes the pleasure of good eating. In order to put his principles to work, however, you must learn to make good food choices. That is why this book of easy recipes and special menus adapted for North America was written. The recipes not only prevent weight gain, but also include the ingredients for good health, vitality and well being. All the food recommended in this book are also chock-full of vitamins, minerals, essentials fatty acids and fibres. If you choose to follow the Montignac Method, you will happily discover that weight control and gourmet cooking are not mutually exclusive.

## Book Information

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## Customer Reviews

Having been on the Montignac Method for several months now, I went out and bought Montignac's Recipes and Menus book. The recipes are delicious and are geared to the program. They're also easy to prepare. I find it easy to stay on program with these recipes by being able to plan my meals in advance. I highly recommend this book.

The recipes in here are almost all simple to make and very tasty. The desserts were all surprisingly satisfying. I wouldn't say they were to die for, but this IS a diet, after all! We enjoyed the meals we fixed based on this book, and the weekly menus were very helpful. If you live in North America and are interested in the Montignac diet, definitely get this book and not the original cookbook! In the original, almost every recipe calls for ingredients that are not readily available here, but this North

American adaptation uses mostly standard ingredients.

After reading the main book, by the same author, I really did not know what to prepare for meals. This book really helps. I lost 10 pounds in 6 weeks, and I really was cheating a bit. I'll keep going for a while because it's really easy and avoids the frustration that goes along with other diets. The rub is one needs to be able to fix the meals and that's a lot of work.

I bought this book along with the "Slim Forever" book by Montignac. Changed my life and my family's. We've followed the plan for 7 weeks now and collectively have lost about 75 pounds. This is one diet that works and is a healthy life style change you can live with forever. The recipes are delicious and there's something for everyone. Ummmmmm Good!

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