



# The Fat Flush Cookbook

*Ann Louise Gittleman*

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**The Fat Flush Cookbook** Ann Louise Gittleman

**COMPANION VOLUME TO THE *NEW YORK TIMES* BESTSELLER *THE FAT FLUSH PLAN***

**The popular weight-loss program now has a companion cookbook**

"(Ann Louise Gittleman's) rundown of the therapeutic and culinary benefits of her favorite 25 cooking herbs makes a perfect introduction to her popular nutritional philosophy."--*Natural Health Magazine*

*The Fat Flush Cookbook* contains more than 200 recipes using fat-flushing foods and featuring the thermogenic herbs and spices--including ginger, cayenne, mustard, anise, fennel, and cinnamon--introduced in the popular diet program *The Fat Flush Plan*. This indispensable cookbook can be used as either a standalone volume or a companion book.

This tasty, heart-smart volume includes:

- Time-saving, one-dish dinners
- Packable lunches
- Vegetarian-friendly ideas
- Recipes with delicious and unique fat burning herbs and spices
- An extended list of name brands suitable for Fat Flushing

In addition, *The Fat Flush Cookbook* shares new research explaining why certain Fat Flush staples speed up fat loss and provide profound detoxifying benefits while protecting overall health. Key ingredients such as lean proteins, phytonutrient-dense vegetables and fruits, psyllium, lemons, flaxseed and flaxseed oil, thermogenic herbs and spices, high-protein whey, stevia, cooking broths, and more are prominently featured in these delicious recipes. Cranberries, for example, which are now ranked among the best health foods we can consume, are an essential component to the success of Fat Flushers everywhere, and *The Fat Flush Cookbook* provides creative ways to enjoy this delicacy--along with tips on simple ways to sneak all these staples into existing favorites without making any major adjustments.

With delicious recipes, Fat Flushing information, and meal choices to suit every lifestyle, *The Fat Flush Cookbook* is perfect for the millions of Fat Flushers around the country.

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