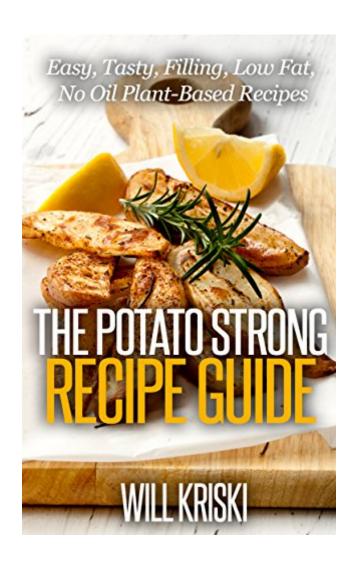


The book was found

The Potato Strong Recipe Guide: Easy, Low Fat, No Oil, Tasty, Filling, Plant-Based Recipes For Weight Loss And Health





Synopsis

The Potato Strong Printable Recipe Guide is a collection of simple, quick, tasty, filling low fat no oil plant-based comfort-food recipes for weight loss and health. They are based on The Starch Solution by Dr. John McDougall. Each recipe is on a single page for easy printing or viewing on a tablet. Testimonial: "I just wanted to thank you very much for all the content you provide to make being health so easy and tasty. I bought your ebook this week and I must say this is now one of my favorite recipe books of all time (and I have a lot of cook books). I just tried the potato and white bean cakes and they were divine. I cant wait to try every recipe in the book. Thank you Thank you Thank you!!! Please make another ebook soon. " ~Nicole Clementine

Book Information

File Size: 2248 KB

Print Length: 77 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 29, 2014

Sold by: A A Digital Services LLC

Language: English

ASIN: B00QE9YHEQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #182,065 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33 inà Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #184 inà Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #227 inà Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian

Customer Reviews

I came across the author online on YouTube and loved his creations. I don't regret buying this book at all! The recipes are simple, healthy and delicious AND they will help you lose weight. I'm 20 lbs lighter and close to my ideal weight because of this simple easy to follow book.

Will Kriski has done a fantastic job with this book. I'm trying to start eating healthier meals, and I'm not a great cook. However, these recipes are presented with such clarity and detail, that I have no problem following the directions. So far, I've enjoyed his smoothie recipe (outstanding!), and I'm looking forward to exploring further. Another great thing about the book is that Will takes the time to describe his own variations on the recipes, as well. A must-have!

All of the recipes were very good and easy to make. They made sure to use ingredients that anyone would actually have at home, unlike most vegan/plant based recipe books. I use this recipe book all of the time. I hope they make another one soon!

I use this recipe guide a lot, the recipes are quick and easy to make. This guide makes eating plant based so simple that anyone can do it!

I purchased this because I've enjoyed following the authors You Tube and website. It's my kind of cooking, simple recipes with plenty of opportunity to make it your own. I'd recommend it for the beginner just discovering the high carb, low fat lifestyle who wants a recipe to follow, or for the experienced cook who wants a helpful guide.

Great recipes for plant based, oil free eating. Will has great recipes and is an inspiration for healthy living.

Fantastic!!

Good vegan potato recipes. My Kindle version is very handy when needing a good potato recipe and still stay with my High Starch Diet.

Download to continue reading...

The Potato Strong Recipe Guide: Easy, Low Fat, No Oil, Tasty, Filling, Plant-Based Recipes for Weight Loss and Health 30 Delicious Sweet Potato Recipes â⠬⠜ Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow

Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets) Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour Cookbook (Coconut Oil, Coconut Oil Recipes, Coconut Oil For Weight ... Oil For Beginners, Coconut Oil Miracles) One Potato! Two Potato!: Family Favorite Potato & Sweet Potato Recipes! (Southern Cooking Recipes Book 17) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Vegan Slow Cooker Recipes for Beginners: Vegan Cookbook of Low Carb, Animal-Free, Plant-Based Vegan Recipes for Healthy Living and Weight Loss for your ... Low Carb and helps with Weight Loss 3) Vegan Ketogenic: The Complete Low-Carb Vegan Ketogenic Diet and Recipe Guide (Recipe plans, protien, carb, keto, keto living, healthy living, fast weight loss, weight loss, burn and lose belly fat) The Sweet Potato Cookbook: Delicious Sweet Potato Recipes for Any Occasion - Discover the Versatility of The Humble Sweet Potato with This Sweet Potato Cookbook Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet)

Contact Us

DMCA

Privacy

FAQ & Help