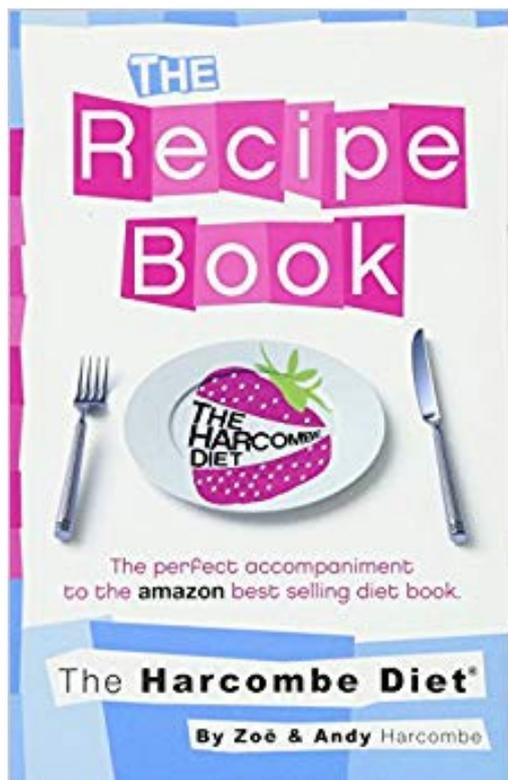


## The Harcombe Diet: The Recipe Book *by* Zoe Harcombe



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**ISBN:** 1907797076

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**Author:** Zoe Harcombe

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This is the perfect accompaniment to "The Harcombe Diet: Stop Counting Calories & Start Losing Weight." Real food; great taste; optimal health - that's what The Harcombe Diet is all about and here's how to do it. With over 100 recipes for Phase 1, another 100 for Phase 2 and then just a few seriously special Phase 3 cheats, this is the ultimate diet-recipe book. You can have burgers, seafood risotto and authentic Indian curry in Phase 1; boeuf bourguignon, mushroom stroganoff and cream berry pudding in Phase 2 and the most sensational dark chocolate mousse in Phase 3. This features Harcombe friendly versions of the classic dishes - French onion soup, coq au vin, chilli con carne and the classic accompaniments - mayonnaise, chips and cauliflower cheese. If you want to eat real food, lose weight and gain health - this is a must for your kitchen shelf.



## Reviews of the **The Harcombe Diet: The Recipe Book** *by* Zoe Harcombe

### MEGA FREEDY

Thank you thank you thank you. I have lost over 30 pounds in 2 months. I'm starting day one today, but not in a hurry to lose weigh I just love the way this eating style makes me feel. I had sugar over

the weekend and it made my joints hurt. Sugar is poison period. This book is well worth the money.

### **Shakagul**

I made the mistake of buying this book AND the "Diet for Men" and "Stop Counting Calories" books as well.

The premise of this diet ( I believe ) is sound and very simple. Which means that you do not need any more than a few CHAPTERS to get the information required.

It just seems that the author is in a shameless money grab mode by publishing the same information over and over again.

Buy this recipe book. That's all you need.

### **Shaktiktilar**

The reason I liked this book is it has alot of the same information as the book that describes the diet. I first read about this diet in a weekly women's publication, looked it up on line. I lost 7 pounds the first week and so far have lost 16 pounds. This is a very easy paring of foods and the weight just keeps on coming off without feeling like you are "giving up" anything.

### **ZloyGenii**

Minus 16 pounds in 2 months later, I can say that I am a Harcombe fan. And I am extra appreciative because with the group of foods I can't eat, it makes cooking fun to go through and cook recipes out of this book. It's turned weight loss into inspiration, rather than drudgery. Instead of saying oh I can't eat that or that or that, I get to try new things.

I have made a ton of recipes in this book, Kindle propped by the stove on a recipe stand. I had so much fun making the mussels in cider, which are to die for. Also the Provence chicken is something I have made a few times now and absolutely love and devour, as do others who are not even on this eating plan. I love the descriptions for the recipes, love the conversion table (needed to switch things over to US measurements), and most of all I love having fun with new recipes that aren't too hard but make amazing food and the recipe isn't some poorly thought out afterthought to a book, which can be very annoying.

Best of both worlds! This book hits my trifecta of recipe needs: Delicious, not boring, and easy to make. Oh, and helps you lose weight. Would that be a quadrifecta?

### **JoJogar**

Cooking things I would never have tried before. I do have to convert the measurements to American.

### **Rose Of Winds**

Good low carb recipies. Uses British measurements, though measurement conversion tables are at the back of the book.

### **Khiceog**

Good recipes. The only thing I wish it has of course are pictures. There are very simple to follow recipes so anyone can do it!

Easy to follow instructions and great recipes. KISS-Keep It Super Simple!

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