



The McDougall Quick and Easy Cookbook

John A. McDougall , Mary McDougall

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As featured in the book and movie *Forks Over Knives*!

By greatly simplifying the work involved in preparing healthy, whole food, exciting meals, bestselling authors **Dr. John McDougall** and **Mary McDougall** continue to build upon the success of their acclaimed, low-fat and plant based McDougall Program books. In this latest edition, they share their secrets for lowering cholesterol, alleviating allergies, and dramatically reducing the risk of heart disease, cancer, osteoporosis, and diabetes with food that is irresistible to the whole family. Featuring over 300 recipes (including healthy Mediterranean diet recipes) that can be prepared in fifteen minutes or less, **The McDougall Quick and Easy Cookbook** is the busy person's answer to eating right. Discover shopping tips and cooking hints to save time, reduce fat, and make great-tasting meals. Learn the viable egg and dairy replacements to eliminate fat, cholesterol, and animal protein from your diet. And refer to the updated "McDougall-Okayed Packaged and Canned Products" list. The economical, fast, and innovative recipes in **The McDougall Quick and Easy Cookbook** help make good health and longer life easier than ever to achieve.

The McDougall Quick and Easy Cookbook Details

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From Reader Review The McDougall Quick and Easy Cookbook for online ebook

Anita Gray says

5 stars - best cookbook out there in simple plant based cooking

Kim Veach says

This is an old book but many of the recipes are still good. Some use some products that either aren't available anymore or are no longer whole food plant based. But it's easy enough to make substitutions.

Xanthi says

This book gives you exactly what it says in the title: quick and easy recipes that are low fat. And apart from the inclusion of honey in some recipes, they are vegan. None of recipes are fancy or include too many ingredients or any that are overly exotic. Some of the dishes may be too bland for some, whilst others are just right.

If you have read some of the other McDougall books, you may have come across some of these recipes before, and the 'no-fry in oil' techniques. It is still worth having a look through this one to get more ideas. Again, if you do not live in North America, some of the terminology and names for ingredients may confuse. And some ingredients may be hard to find. ('Red beans' is a good example, as are the frozen oil free hash brown potatoes - good luck finding those in an Australian supermarket.) Also, don't forget to convert all those measurements to metric.

April Emery says

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Susan says

Quick and easy tasty vegan recipes, though the subtitle is not really correct. How can you prepare a recipe in 15 minutes or less if it takes 20 minutes to cook? Unless they mean that the prep work is 15 minutes or less?

Lindsay says

These recipes really are quick and easy...a little TOO easy for me, but this cookbook would be great for someone who does not have very much cooking experience.

Kara says

Love all these recipes!! If you want plant based, low fat recipes this is the book to turn to! I highly recommend it.

Rosalind says

I am a cookbook collector. I absolutely LOVE cookbooks, but I'm sad to say this is one that I do not enjoy. I have tried several of the recipes, and none of them have been worth making again. I commend the authors on their program and their wholesome nutritious recipes. I often omit oil and use water for sautéing when possible, which is what all the recipes in this cookbook do, and recipes I've tried from other sources come out fabulous. I have found the recipes to be rather bland, and this is coming from a person who can eat pretty much any vegan meal and be happy. My kids turn their noses up at these recipes even though they are great eaters. I really wanted to like this book, but I couldn't, so I gave it two stars for healthiness of the recipes.

Kathi Clark says

This is my favorite vegan cookbook. Everything is easy and tastes good. It relies on a lot of canned and frozen products to make preparation as simple as possible. All the ingredients are easily found in a regular grocery store.

Nikki says

Lots of great vegan, plant based, lowfat recipes, and the ones I tried were definitely a success. The information contained in the book was quite good too. I look forward to reading more from this author.

Brit B says

I used this book a lot in my transition from vegetarian to veganism. Most recipes are quick and easy with things you can find in most grocery stores. Great for new vegans and people looking to eat healthy!

Laura says

This book completely delivers on its promise, in the sense that all the meals are very quick and very easy. It follows the McDougall health plan (which I'm not on), so it's vegetarian and oil and dairy free. It wasn't that

inspired (mainly combining cans of vegetables and some seasonings), but the soups and stews were good.

Aspects of the diet plan are included, and I could see where you'd lose weight on it - you can pretty much eat anything but animals, animal products and oil. I wasn't clear where they stood on fish, and I did miss that here (so I'm guessing it's out). The deserts in this book were not worthwhile at all.

Marshall says

McDougall makes it easy to cook vegan, low-fat meals. I read The McDougall Program and the effectiveness of this simple program for weight loss and health impressed me. I would highly recommend reading that book first, but this is a great addendum, for quick and easy vegan meals. It may sound weird to say I "read a cookbook," but I skimmed the recipes, while a quarter of this book consists of 1-page summaries of the McDougall philosophy. These summaries may seem more like rants, though, since he's so serious about low-fat, plant- and starch-based diets.

I'm interested in ethics of food, not weight loss, so it might seem odd that I like the McDougall diet so much, but he's just so good at making sense of food for me, making it easy to become vegan.

Martha Smith says

I love the recipes in this book. I also love the recipes from John McDougall's news letter. Wonderfully easy recipes. You can always add more spices or omit anything you don't care for. Brilliant, low-fat, vegan and quick!

Kate Merriman says

Even easy enough for when I'm super busy! Great ideas in here, format is very useful.
