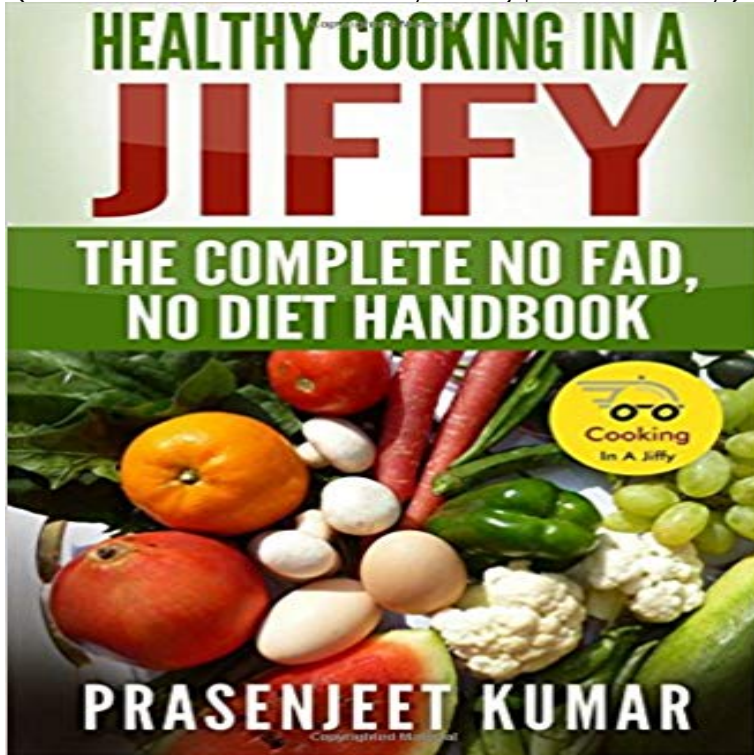


Healthy Cooking In A Jiffy: The Complete No Fad, No Diet Handbook (How To Cook Everything In A Jiffy) (Volume 3)



#1 Amazon Hot New Releases in Health, Fitness & Dieting > Diets & Weight Loss > Diets > Healthy (in April 2014)

A Complete No Fad No Diet No Nonsense Handbook for Healthy Cooking And That Too In A Jiffy If you have ever wondered how you can be healthy without dieting, following any peculiar fads, eating any esoteric foods, injecting any hormones or downing any pills, potions or supplements, you have come absolutely to the right place. In fact, without bothering about the risk of sounding so old fashioned, author Prasenjeet Kumar (of the celebrated website cookinginajiffy.com and the writer of the How to Cook Everything in a Jiffy series of cookbooks) declares that he does not think that anyone should be on a perpetual diet to stay healthy. In this book, therefore, he recommends that you do not follow any of the rather peculiar diet regimes such as a low carb high protein diet, low fat diet, Vegan diet (unless you truly believe in the vegan philosophy) or any kind of crash diets. From his own experience, he says that they will all do you more harm than good. Instead, the author recommends going to the basics that of following a balanced diet regime. In that background, the book presents a veritable cornucopia of easy recipes to give you an idea of what you can cook to achieve your target of having regularly a balanced diet. You will find ideas on how to cook your vegetables in a simple and tasty manner, how to handle pasta recipes, chicken recipes, fish recipes, mutton recipes, milk shakes (even if you hate drinking plain milk), breakfast recipes, lunch and dinner recipes and some Asian recipes when you feel the need to have something different and exciting. Surprisingly, you will find some supposedly unhealthy recipes as waffles, pancakes, French toasts, lasagne and lamb moussaka too in this healthy cookbook. The authors short answer is, that the wonderful taste of these dishes makes

you happy and being happy (and full of serotonin) is more than half way to being healthy. Moreover, as the author believes, any sensible person will have these dishes only once-in-a-while when you are bored eating your regular stuff. Again, quite boldly, the author declares that personally he does not count calories in his diet, oops recipes. He feels that counting calories can actually drive you mad. This book celebrates exactly this very viewpoint and deliberately with some justifiable pride eschews providing any calorific or nutritional information for the listed recipes. If you want to still count calories, feel free to do so by taking advantage of so many tools that are readily available on the internet, the author advises. At the end of this book, there are tips relating to how you can manage to have five to six small meals a day, regardless of your busy schedule, how you can exercise even if you are not a gym person, how to freeze and preserve leftovers and finally how to sequence and parallel process your actions so that you save time while cooking your meals. So if you are sick of dieting, counting calories, or gorging on supplements, do consider investing in this book of simply sensible cooking and get on to a journey of eternal joy and happiness. This is the authors third book in the series How To Cook Everything In A Jiffy. His first book How To Cook In A Jiffy Even If You Have Never Boiled An Egg Before is touted as the easiest cookbook on earth that a newbie should never leave his home without. His second book Home Style Indian Cooking In A Jiffy explores the contours of what sets Indian Home Style food so apart from restaurant food. With an amazing compilation of over 100 delectable Indian dishes, many of which you cant get in any Indian restaurant for love or for money, this book in an easy step-by-step manner makes this mysterious, never disclosed, Home Style Indian cooking accessible to anyone with a rudimentary knowledge of cooking and a stomach for adventure.

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