



Dr. Gott's No Flour, No Sugar(TM) Cookbook

Peter H. Gott

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During his forty years of medical practice and in his nationally syndicated column, Dr. Peter Gott has been asked constantly by patients and readers for a simple, foolproof way to lose weight. In response, he developed the No Flour, No Sugar Diet, which has prompted countless success stories from his patients, thousands of letters from his readers raving about their phenomenal weight loss, and his first *New York Times* bestselling book, *Dr. Gott's No Flour, No Sugar Diet*. And now, here are more than 175 new recipes promising rapid and effective weight loss.

It's uncomplicated and inexpensive. It allows you to forget calorie counting and gram counting. Cheating *is* allowed! In this book, Dr. Gott shows how easy it is to experience a variety of wonderful meals (including dessert!) while eliminating flour and added sugar from your diet. Say good-bye to bagels and cakes-and enjoy lean meats; potatoes; rice; low-fat dairy products; vegetables; flourless, sugar-free cookies; and fruits. The inexpensive and nutritious dishes make maintaining this diet a snap for everyone, with recipes such as:

Entrees: Asparagus and Chicken Pasta, Stir-Fried Beef with Bean Threads, Jasmine Turkey Rice

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