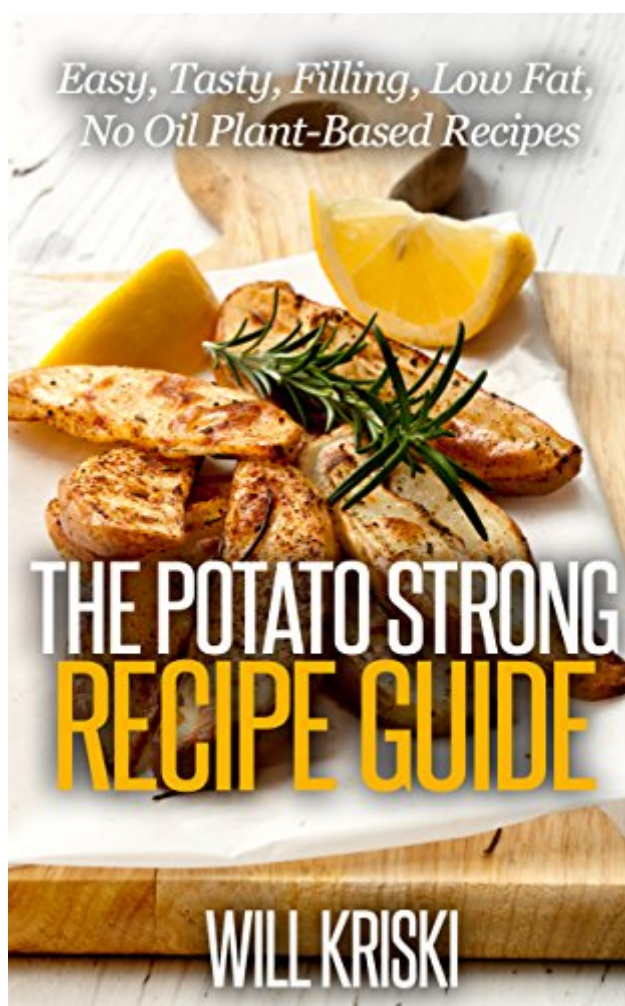


The book was found

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

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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.

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