



The Rice Diet Cookbook: 150 Easy, Everyday Recipes and Inspirational Success Stories from the Rice Diet Program Community

Kitty Gurkin Rosati, Robert Rosati

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Based on the *New York Times* bestselling *Rice Diet Solution*.

After the success of *The Rice Diet Solution*, the Rice Diet Program's message boards were bombarded with pleas and suggestions for more Rice Diet-friendly recipes. The result is this collection of healthy whole-food dishes, which includes personal favorites from the Rice Diet kitchen as well as from successful dieters who want to share their weight-loss tips with everyone who intends to lose weight and live a healthier life.

Includes such recipes as:

- ¥ Basil-Mint Quinoa Salad
- ¥ Roasted Red Pepper Lettuce Wrap
- ¥ Zesty Sweet Potato Chips
- ¥ Pan-Seared Sea Scallops
- ¥ Chocolate-Banana Cream Custard
- ¥ Toasted Ginger Papaya

And many more!

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Emma Latshaw:

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Harold Riggs:

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Linda Barefoot:

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