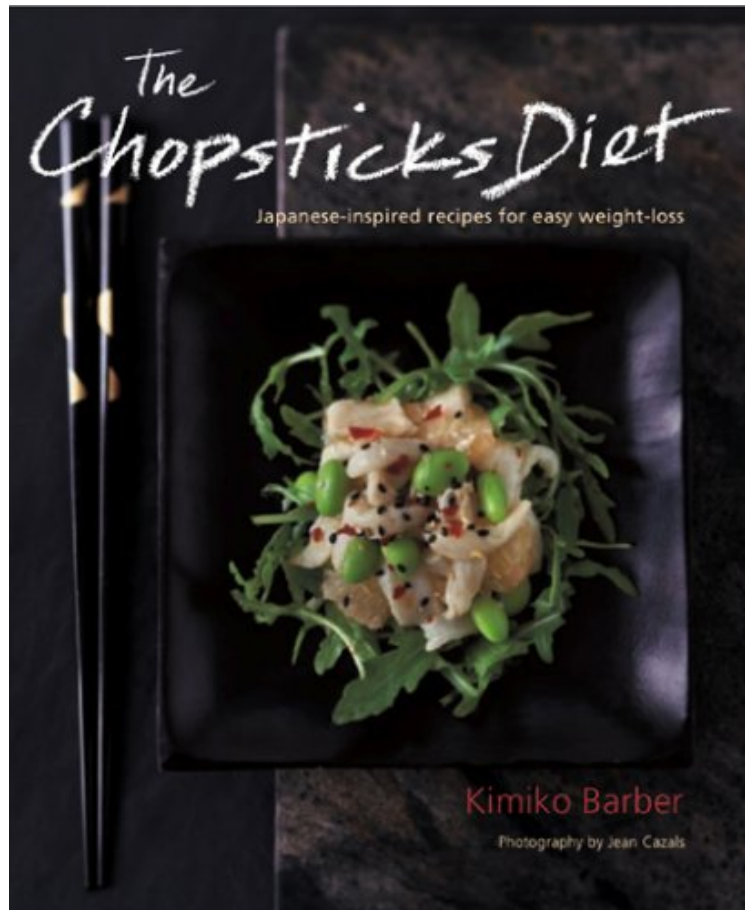


(Download) The Chopsticks Diet: Japanese-inspired Recipes for Easy Weight-Loss

The Chopsticks Diet: Japanese-inspired Recipes for Easy Weight-Loss

Kimiko Barber

audiobook / *ebooks / Download PDF / ePub / DOC



[Download](#)

[Read Online](#)

#1660231 in Books Kyle Books 2009-01-16Original language:EnglishPDF # 1 9.34 x .58 x 7.63l, 1.20 #File Name: 1904920985176 pages | File size: 64.Mb

Kimiko Barber : The Chopsticks Diet: Japanese-inspired Recipes for Easy Weight-Loss before purchasing it in order to gage whether or not it would be worth my time, and all praised The Chopsticks Diet: Japanese-inspired Recipes for Easy Weight-Loss:

1 of 1 people found the following review helpful. Pleasantly surprisedBy MaKoSharkAn interesting book; with recipes that are easy to follow, interesting in taste, sufficient in size, and diverse enough to keep the meals surprising.I like the book because the recipes let me try different tastes without overwhelming me; enough recipes can be made with very few 'exotic' additions to the pantry; the recipes are calculated for two people instead of the usual 4 people; tips for storing or re-using leftover are included, and everything I tried tastes good.And I lost some weight.I think I love this book.0 of 0 people found the following review helpful. Something for everybodyBy cHILLY RAYHAYNOBest ever written on the subject. Universal appeal.0 of 0 people found the following review helpful. I have found this book containing really good recipes, with products that you can find in ...By Anya TaggartAfter coming back to USA from

spending some time in Japan, I realized that I miss a Japanese cooking. I have found this book containing really good recipes, with products that you can find in import foods stores.

There is only one way to lose weight - eat less. This cookbook does not involve any calorie counting, refer to a pre-calculated index, exclude essential foods or worse still, limit the selections of food allowed. There is one simple rule: delicious and perfectly balanced Japanese-inspired meals are to be eaten with chopsticks, which naturally makes you take smaller mouthfuls and instantly reduces the amount of food you eat.

From Publishers Weekly Though the traditional Japanese diet is often much healthier than Westerners', writer and author Barber (The Japanese Kitchen, Japanese Pure and Simple) says the real secret is how the meals are consumed. Chopsticks, she says, have a twofold benefit: forcing diners to pay attention to their food, and slowing down the eating process so that, ultimately, fewer calories are consumed. Even if would-be dieters opt for a fork and spoon, those with a taste for Japanese food will find plenty of healthy options. Breakfast selections include traditional porridge and smoothies that rely on tofu rather than yogurt for creaminess. Domburi, essentially a rice bowl with various toppings, and noodle-based dishes dominate lunch options. Barber keeps her dishes visually appealing as well, adding a burst of color and flavor by sprinkling ruby red pomegranate seeds on her Daikon, Edamame and Avocado Salad with Yuzu Vinaigrette, and her Lump Crabmeat and Pomegranate Sushi; her sushi recipes, what Westerners would call deconstructed, make preparation pressure-free by simply assembling the rice, nori and fillings (smoked salmon, marinated tuna) in a bowl. An impressive array of flavorful soups (including a miso-inspired riff on gazpacho) round out the well-considered meal plan. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From the Publisher * Based on the simple principle of eating less--the common sense way to lose weight. * Delicious, healthy recipes that don't compromise on flavors. * Japanese women live longer, have better skin and hair, suffer less from cancer and are thinner. * As obesity continues to rise around the world, the Japanese way of cooking and eating has more relevance than ever. * Eating with chopsticks is fun, unlike following many other diets! * Source list includes where to find any speciality ingredients. From the Author There is only one simple way to lose weight--eat less. We all know this already, so why do we find it difficult to put into practice or to maintain it for a long time? It is because many diet methods involve radical changes to what you can eat and often refer to pre-calculated calories and tables of indices. The Chopsticks Diet is straightforward: there are no calorie counts and no tables, but it's full of easy, delicious, and healthy Japanese-inspired recipes to eat with chopsticks. The essence of The Chopsticks Diet lies in the Japanese way of food--what they eat and how they eat--exemplified in chopsticks. And since Japanese food is to be eaten with chopsticks nearly all recipes in this book are designed for eating in this way. Many research findings suggest that eating with chopsticks slows people down and therefore they eat less. Try eating the same amount of food with chopsticks as you would with a knife and fork and you will quickly realize that it is almost impossible. If you eat fast, as most of us do nowadays, your brain cannot accurately monitor the amount of food your stomach is receiving. So it is difficult to know when to stop, and therefore we end up eating more than we need. Slow eating is good for you, especially if you want to lose weight. The Chopsticks Diet is a book about the Japanese way of food and about discovering the joy and pleasure of delicious and easy Japanese-inspired home cooking and eating. I am certain that it will help you to feel and look fantastic.