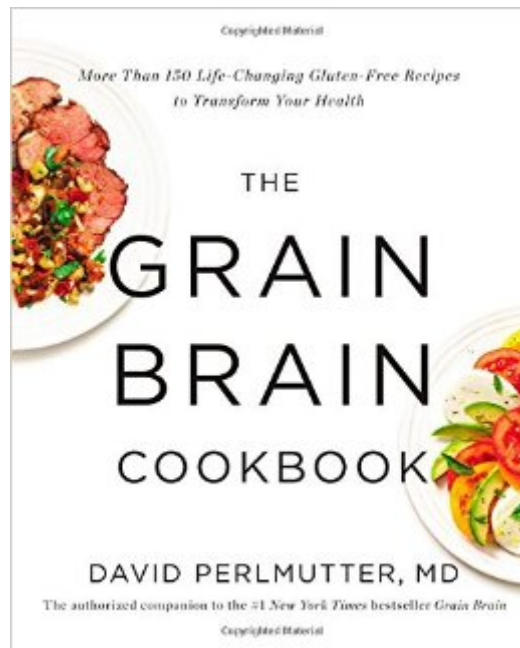


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# The Grain Brain Cookbook: More Than 150 Life-Changing Gluten-Free Recipes To Transform Your Health



## Synopsis

The authorized companion to the #1 New York Times bestseller Grain Brain, with more than 150 life-changing gluten-free recipes for complete health and vitality. Dr. David Perlmutter's groundbreaking bestseller Grain Brain revolutionized the way we think about our health, exposing the devastating effects of wheat, sugar, and carbs on the brain. By eating the right foods, you can profoundly affect how your brain will be working next year, in five years, and for the rest of your life. The Grain Brain Cookbook presents more than 150 delectable recipes to keep your brain vibrant and your body fit, all while dramatically reducing your risk for - and treating - Alzheimer's, depression, ADHD, and epilepsy, as well as relieving everyday conditions like headaches, insomnia, and forgetfulness. With delicious recipes for every meal -- including Spicy Chicken Burgers with Guacamole, Gruyere-Glazed Pork Chops and Cauliflower "Couscous," and many more -- The Grain Brain Cookbook gives you all the tools you need to build a gluten-free diet full of wholesome, flavorful, easy-to-make meals. What you eat is the most important decision you make every day in terms of your health, and once you've tasted how good the Grain Brain diet can be, you'll want to keep making the right choices day after day.

## Book Information

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## Customer Reviews

Although our family eats a diet rich in nuts/seeds, lean protein, and locally grown vegetables and fruits, we found Dr. Perlmutter's recipe book to be very informative. I gained a lot of new ideas from the many soup, sautéed greens, and grilled vegetable recipes that we've already started to make in our kitchen. (It's easy to get in a rut in the kitchen and eat the same old stuff, but this book will

help anyone, at any culinary level, clean up AND spice up their diet with some fresh recipe concepts.) While many recipe books can be intimidating due to the amount of shopping time, prep, pre-cooking, and heating, *The Grain Brain Cookbook: More Than 150 Life-Changing Gluten-Free Recipes to Transform Your Health* calls for a minimum of fresh ingredients and preparation. Another great aspect is that each recipe includes the nutritional profile (calories, fats, carbs, fiber, and protein, etc) of each ingredient. I tend to cook fish the same way every time (butter, garlic, and lemon juice), but thankfully I now have tons of options to choose from. The same goes for meats. I think families will resonate with the chapter about snacks. We gathered a bunch of great ideas from that chapter as well. Last but not least, Dr. Perlmutter reminds us about the key takeaways from his bestselling book,

The runaway #1 New York Times bestselling book *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers* by Dr. David Perlmutter took the nutritional health world by storm in 2013 exposing information about how the very foods we put in our bodies can directly impact the way our brain works in the day-to-day and whether we are putting ourselves on the path to developing a neurodegenerative disease such as dementia and Alzheimer's. We're talking about the very real effects that food can have on the body. That's why it makes total sense that Dr. Perlmutter would want to release a companion cookbook for people to take the message they've learned from *Grain Brain* and apply it to their meal planning. *The Grain Brain Cookbook* is 300+ pages long and contains over 150 low-carb, high-fat recipes with some beautiful pictures of the final dish. The formatting of the recipes is simple--servings at the top, a brief story about the recipe, the ingredients list, cooking instructions, and then the nutritional analysis. It's a very easy-to-follow book of recipes and there are several major categories of recipes, including Basics, Breakfast, Lunch, Dinner, Snacks, and Desserts. There's a very nice variety of dishes that you can keep your healthy grain-free, low-carb lifestyle interesting. As someone who appreciates the value of low-carb diets, I especially liked that Dr. Perlmutter said at the beginning of the book that consuming a low-carb diet is a must if you want to control your blood sugar which is wreaking havoc on your health.

In his bestselling book, *Grain Brain*, Dr. David Perlmutter presented evidence of a correlation between high blood sugar and inflammation in the body - caused in part by a high-carb, low-fat diet - and diseases that affect the brain such as Alzheimer's, dementia, Parkinson's Disease, depression, migraines, and ADHD, as well as increased risk for heart disease. A change in diet that eliminates

gluten (found in most grains, flours, and baked goods), sugar, and processed carbohydrates is one of the best ways to reduce the risk of these debilitating conditions now and for years to come and this companion cookbook will make those changes easier. This is a lifestyle change that is of special interest to me as I am dealing with insulin resistance, also known as metabolic syndrome or pre-diabetes. Having this cookbook to help with meal choices gives me hope of succeeding in reversing this health issue. I've been impressed with the recipes in my first reading of the cookbook. They use ingredients that are easily found in most grocery stores, are easy to prepare, and are family-friendly. Dr. Perlmutter has done a good job of helping the reader eliminate potentially harmful ingredients while still being able to enjoy favorites such as burgers (check out the Best Beef 'n Cheese Burger), roasted chicken, soups and stews (including chili), and desserts. I also appreciate that some color photos are included for the recipes; always a plus for a cookbook. Two recipes I enjoyed were the Baked Chicken Parcels and the French Fried Almonds (could become my new favorite savory snack!).

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