



Sugar Less for Life! ... with the Brennans : Cookbook and Easy Guide by the Famous Family of Good Food

Ellen C. Brennan, Theodore Brennan

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SUGAR BUST FOR LIFE! ... WITH THE BRENNANS has sold over 150,000 copies, helping dieters lose weight, stay healthy, with easy, delicious dining. Containing over 400 low sugar recipes, menus, red wine list, shopper's brand name guide, tips for success, and more, this helpful cookbook and companion guide is based on the diet principles found in SUGAR BUSTERS! CUT SUGAR TO TRIM FAT.

SUGAR BUST FOR LIFE! ... WITH THE BRENNANS is the Brennans' response to the many people who need help in implementing the Sugar Busters diet. As a result of Ellen Brennan's involvement in the initial Sugar Busters endeavor, she is eager to share her knowledge of a healthy, low sugar lifestyle.

Ellen and Ted Brennan, of Brennan's Restaurant in New Orleans, share with you some of the restaurant's gastronomic secrets so that you may recreate these very dishes in your own kitchen as you SUGAR BUST FOR LIFE! Ellen and Ted have adapted Brennan's recipes to a low sugar lifestyle by eliminating all high glycemic carbohydrates and refined sugar, while still maintaining quality and taste.

The Brennans have put all their acquired knowledge into a guide to make it easy to follow a healthy lifestyle. SUGAR BUST FOR LIFE!...WITH THE BRENNANS provides a simple way of eating without having to rely on counting calories or fat grams. There are appealing menu plans from soup to nuts, tasty desserts as well as a suggested red wine list to complement your meal. You will discover a new way to eat right while eating well. SUGAR BUST FOR LIFE! ... WITH THE BRENNANS unfolds an easy road to a healthful life for you.

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William Prentice:

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