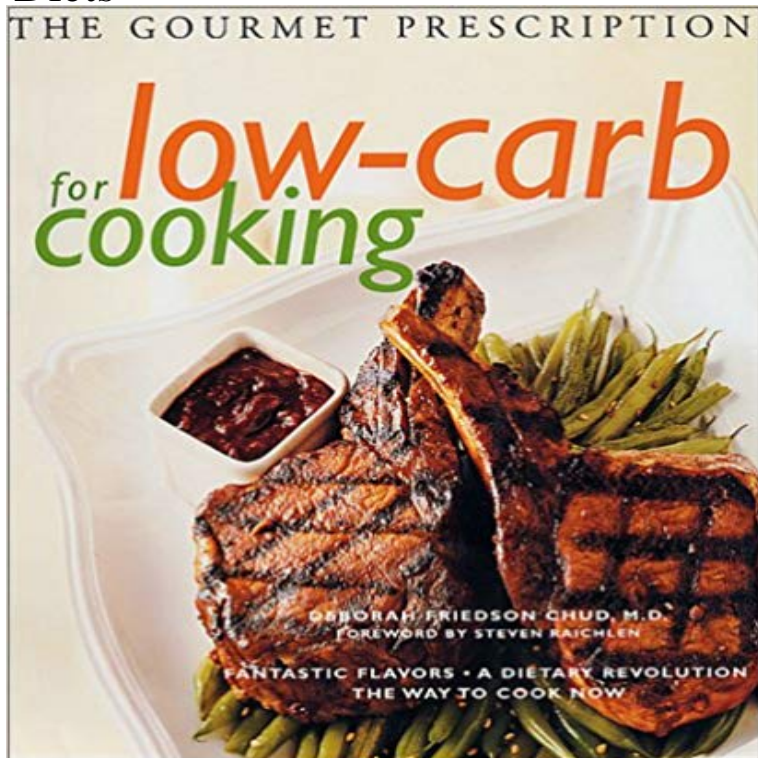


The Gourmet Prescription: High Flavor Recipes for Lower Carbohydrate Diets



Following the runaway success of bestsellers *The Zone*, *Sugar Busters*, and *Protein Power* comes Dr. Deborah Friedson Chud's *The Gourmet Prescription*. The first insulin-conscious cookbook to develop sophisticated lower carbohydrate dishes with culinary appeal foremost in mind, this amply photographed book features such enticing recipes as Grilled Shrimp with Red Pepper-Caper Sauce; Chickpea, Fennel, and Red Pepper Salad; and Fresh Figs with Virtual Mascarpone. Chud marries her unique kitchen techniques, original high-flavor, low-glycemic condiments, and savory recipes from a variety of international cuisines to achieve a perfect blend of gourmet eating and good health. This ground-breaking contemporary cuisine provides a life-sustaining way of eating for today's tastes and lifestyles.

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