



## The Cauliflower Diet

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By Radha Thomas

Random House, london, 2016. Soft cover. Book Condition: New. 22 cms. 240pp. The cauliflower. An answer to the prayers of every person on the planet who wants to lose weight, cut down on sugar and stay healthy, while not being hungry all the time. Sounds like a pipe dream? It's not. The cauliflower is one of the best-kept secrets in the dieting community. It is among the most adaptable and versatile veggies that can blend into any kind of cuisine in the world and is an almost-perfect substitute for several types of starch?flour, cereal, pasta, rice and even the potato?for a fraction of the carb count. In The Cauliflower Diet, learn how the amazingly adaptable cauliflower can be used in the preparation of all the things you love: rice, upma, cookies and even pizza! Perfect for all types of weight loss, this humble vegetable will help you shed the kilos in no time.



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### Reviews

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