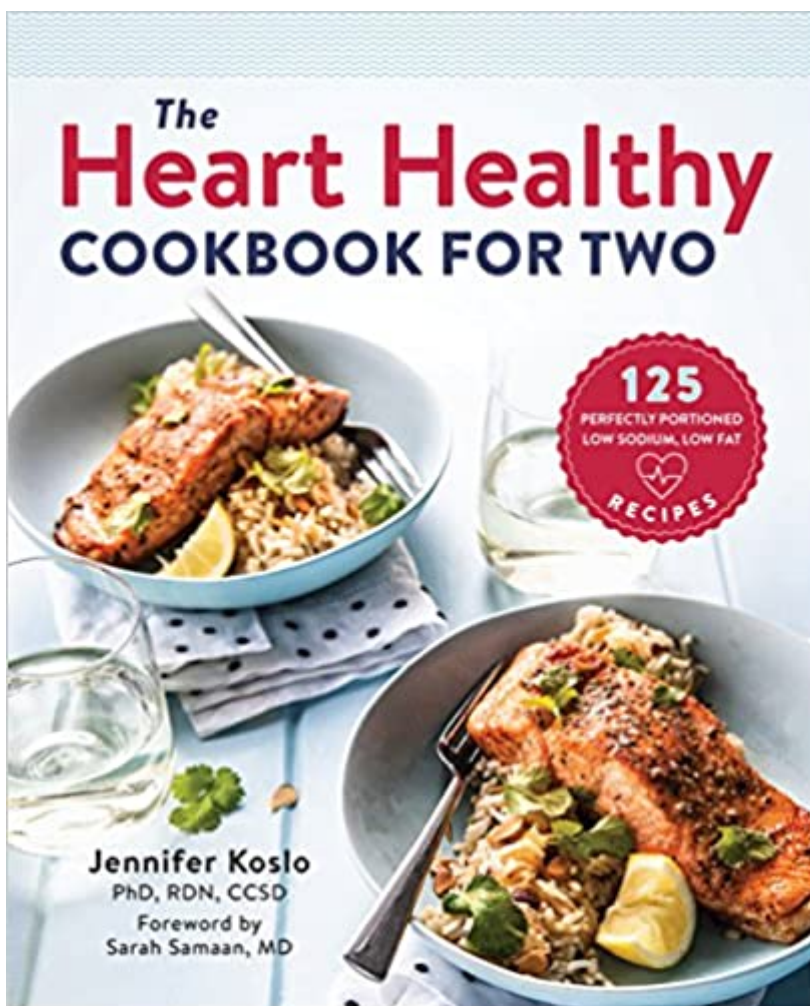


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# The Heart Healthy Cookbook For Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes



## Synopsis

“Jennifer Koslo’s recipes are delicious, easy to follow, and super healthy. Whether you have already embraced a healthy diet and are simply looking for new adventures in cooking, or perhaps trying to turn your health around, *The Heart Healthy Cookbook for Two* is a wonderful resource.”  
—Sarah Samaan, MD, FACC, author of *Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts*

Following a heart healthy diet is just one of the aspects involved in caring for your heart. Yet, for many, it is the most stressful. But sticking to a healthy eating plan shouldn’t mean agonizing over complicated recipes, enduring never-ending leftovers, or wasting ingredients and time. When cooking with heart health in mind, portion sizes are just as important as ingredients. Cardiac dietician and renowned nutrition expert Jennifer Koslo has mastered this dilemma to offer a comprehensive yet easy-to-follow heart healthy cookbook. Recipes intended for four to six can have unwanted consequences for both your wallet and your waistline, but *The Heart Healthy Cookbook for Two* leaves all of that behind and delivers perfectly portioned meals every single time. Whether you have a current heart condition or are working towards prevention, *The Heart Healthy Cookbook for Two* provides the help you need to get the results you want by offering:

- Perfect-for-two portions that help you say “goodbye” to the guesswork of halving recipes and confidently prepare quick, appropriately-portioned meals
- Clear explanations of what “heart healthy” really means so you learn what to eat and what to avoid
- 125 delicious, nutrient-rich recipes plus smart tips to make the best use of fresh ingredients
- A suggested four-week meal plan to get started right away

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## Book Information

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## Customer Reviews

JENNIFER KOSLO, PHD, RD, CSSD, is a registered dietitian and nationally recognized nutrition expert. She is the author of Diabetic Cookbook for Two, Alkaline Diet for Beginners, and The Insulin Resistance Diet, among other titles. As a cardiac dietitian, Jennifer provided patients with nutritional assessments and education, as well as cardiac rehabilitation education.

I bought this cookbook after my husband had a cardiac procedure, and have been using it for about three weeks. I have prepared five or six recipes and they have all been fantastic. The recipes are not only tasty and healthy, they are also quick and easy. My husband, who is not an experienced cook, is even able to prepare them. There is also a lot of useful information at the front of the book. All told, I am very happy with this cookbook!

this is a very good book, dm

Great recipes

First, a little about the author of this cookbook Jennifer Koslo PhD, RDN, CCSD. Jennifer has a PhD in education as well as a dual MS in Exercise Science and Human Nutrition. She is a member of the Sports, Cardiovascular, and Wellness Practice Group of the Academy of Nutrition and Dietetics. (SCAN) She is a Registered Dietitian Nutritionist (RRDN, board certified specialist in sports dietetics (CSSD), and an American Council on Exercise certified personal trainer. So she knows her stuff and knows it well! This is not only a great cookbook that could save your life, it will teach you how to change your eating habits, shop for heart healthy food, and how to prepare simple menus each month so you can easily start eating heart healthy meals. She explains, in easy to understand language, each dietary fat, and lets you know if it is good or bad fat. She explains cooking techniques and tells you which technique works best for preparing a variety of meats, vegetables, and fruits. She will teach you how to plan meals ahead of time and which ingredients to keep on hand along with proper portioning. Then she gives you a one month plan with delicious recipes found in the book as a guide to putting the "Heart Healthy Cookbook For

Two of the 125 perfectly portioned, low sodium, and low fat recipes that are extremely easy to make, taste heavenly, and could actually save your life. There are 11 chapters in the book 217 pages that are easy to read and follow. The recipes run the gamut from breakfast, meal size salads, soups and stews, vegetarian entrees chicken and fish entrees, pork and beef entrees, sides, desserts, and the last chapter is staples. This chapter is devoted to sauces, dressings, and glazes to enhance the already delicious meals in the book. Each recipe gives you prep time, cooking time, a list of ingredients, and easy to follow directions for mixing, cooking, and even nutritional information per serving. I would recommend this book to anyone who has had, or is at risk of having, a heart attack or anyone who would like to decrease their risk of chronic disease. I never thought eating healthy foods that are really good for me could taste so good. I use customer reviews, just like this one, in order to make an informed buying decision. I write my product reviews in the hopes of helping others to make their own informed buying decision. I sincerely hope my review was helpful to you in some way. You may let me know by clicking the yes or no button below. If you have a question about this book please ask and I will do my best to answer it for you

While this book has much going for it in its layout and discussion of meal planning, I find its lack of vitamin K content in recipe nutrition information terribly frustrating. Considering how many heart patients take Warfarin/Coumadin as an anticoagulant, I feel the book could much better serve the entire population with this added information. With so many included recipes being loaded with greens, I find this book to be of extremely limited value. If you take an anticoagulant that requires maintaining a relatively consistent INR, I suggest you avoid this book, and the frustration that comes with it.

The Heart Healthy Cookbook for Two is an interesting cookbook. The first two chapters are good for anyone who is trying to eat healthier. The first chapter discusses why eating "heart healthy" foods is good and needed. The second chapter offers some tips on cooking for two people, along with a three week meal plan that includes snacks and desserts. The recipes are separated into nine chapters: breakfast, salads, soups, vegetarian, chicken and fish, pork and beef, side items, desserts, and staples, such as sauces and salad dressings. My main problem with the recipes is that I think they are not aimed at someone who is at the beginning of changing their diet and lifestyle because there are a number of new ingredients that many people who have not used. I would also like to see photos of the finished product. I received this book for free from the

publisher.

I love this book - easy instructions, beautiful photos, daily meal planner. I cooked a couple items so far and my husband called me "A Good Cook". So heart healthy can still be tasty! Even for those that typically like French fries and hamburgers :) The work involved in creating and cooking is easy enough for even me. I feel better too! Great cookbook - love that it has a monthly meal selection in it and the interesting tidbits was a bonus.

This book had me intrigued from the foreword! One little statement rang so true..."Nothing creates more confusion and anxiety than a recommendation to change eating habits". My aunt and uncle in their 70's are both dealing with heart issues... one has had open heart surgery and the other has many many stents. Yet when told over and over that they need to change their eating habits, they simply refuse to even acknowledge it! They just don't understand the correlation and how important it is! I am hoping that by presenting them with this book, I will be able to help them understand it a bit more clearly and also realize healthy eating doesn't have to be bland! This book does a great job of explaining what foods are healthy for the heart and those to avoid. Then it gives detailed, yet simple recipes with common ingredients that are so good you won't even realize how good they are for you! I mean it even includes Pork Medallions with Mustard Sauce! Who would have thought pork could be heart healthy, but when prepared in the right ways it can be! I also love that it includes slow cooker recipes like Chicken Vegetable Stew! I feel confident that my aunt and uncle will get great use of this book and at least use it as a step in the right direction! I received a free copy of this book from the publisher.

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