

# [PDF] Sugar Busters! Quick & Easy Cookbook

**H. Leighton Steward, Luis A. Balart, Morrison Bethea, Sam Andrews - pdf download free book**

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**Books Details:**

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Author: H. Leighton Steward, Luis A.

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## **Description:**

The Sugar Busters! diet lets you eat just about anything except certain carbohydrates, including refined sugars, red and white potatoes, corn, white rice, highly processed grains, beets, and carrots. This cookbook offers a variety of Sugar Busters!- acceptable recipes, averaging about 40 percent "correct" carbohydrates, 30 percent protein, and 30 percent fat. These recipes won't keep you in the kitchen all day, though most aren't produced in a flash, either. Breakfasts are predominantly egg dishes. Lunches include Stir-Fried Ginger Chicken, Chesapeake Crab Cakes, Whole-Wheat Spaghetti with Olive-Tomato Sauce, Fourth of July Macaroni Salad (colorful with red onions, tomatoes, green bell peppers, and onions), and Bayou Spicy Boiled Shrimp. Dinner entrées emphasize meat, fish, and poultry, with some regional and international dishes. The collection also includes separate recipe sections for vegetables, appetizers, salad dressings, sauces, and holiday dishes.

Many recipes are high in fat, especially saturated fat, such as Green Chilies Cheese Casserole, which uses six large eggs and four cups of grated cheese to eight ounces of green chilies. No nutritional breakdown is provided, so if you're trying to keep your fat intake to 30 percent, you'll have to guess. The authors suggest finishing the meal with "dessert of a simple green salad coated with a subtle olive oil and milk herb dressing or a few bites of cheese" or "a few nuts." If those don't hit the spot, there's a choice of seven dessert recipes, including a high-saturated-fat vanilla ice cream made with six egg yolks, a quart of whole milk, a quart of cream, and a cup of artificial sweetener.

**About the Author** H. Leighton Steward has a master of science degree from Southern Methodist University and became CEO of a Fortune 500 energy company. He also authored a booklet on the causes of land loss of the lower Mississippi River wetland system. Sixty thousand of these booklets are in circulation worldwide and are referred to by many educational and governmental institutions. He is on the board of Tulane University as well as on several corporate boards. His own success and the success of others on this way of eating motivated him to write SUGAR BUSTERS!

Morrison C. Bethea, M.D., is a graduate of Davidson College and Tulane University School of Medicine. He completed his postgraduate training in thoracic and cardiac surgery at Columbia Presbyterian Medical Center in New York. Currently he practices thoracic, cardiac, and vascular surgery in New Orleans. He is the medical consultant to Freeport-McMoRan, Inc., for its worldwide operations and sits on the board of Taylor Energy and Tenet's Memorial Medical Center in New Orleans. Dr. Bethea has authored many publications in the field of cardiovascular disease and is a diplomate of the American Board of Thoracic Surgery.

Samuel S. Andrews, M.D., is a graduate of Louisiana State University School of Medicine. He currently practices endocrinology with the Audubon Internal Medicine Group. Dr. Andrews has authored many publications and participated in several drug studies in the field of endocrinology. He is a fellow in the American Colleges of Physicians and Endocrinology. He is a clinical associate professor of medicine at Louisiana State University and a member of the pancreatic transplant team.

Luis A. Balart, M.D., is a graduate of Louisiana State University School of Medicine. He completed training in gastroenterology at Ochsner Clinic in New Orleans and in hepatology at the University of Southern California in Los Angeles. Dr. Balart practices gastroenterology and hepatology at Tenet's Memorial Medical Center in New Orleans and is clinical associate professor of medicine at Louisiana State University in New Orleans. He is currently involved in several clinical trials in the treatment of chronic viral hepatitis and is medical director of the Louisiana State University Liver Transplant Program.

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