



The 3-Hour Diet Cookbook

By Jorge Cruise

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The 3-Hour Diet Cookbook By Jorge Cruise

Lose belly fat first in just 14 days with this fun and easy cookbook from Jorge Cruise, bestselling author of *The 3-Hour Diet*™!

Jorge Cruise has empowered thousands of busy Americans to take control of their weight and live happier and healthier lives. His bestselling books *8 Minutes in the Morning*®, *The 3-Hour Diet*™, and *The 12-Second Sequence*™ have helped even the busiest people get slim—without deprivation, counting calories, or giving up carbs—and keep the pounds off for good. Now, with *The 3-Hour Diet*™ Cookbook, he offers all-new, time-friendly recipes that make following *The 3-Hour Diet*™ even easier.

Filled with delicious recipes the whole family will love—from a Turkey, Bacon, and Egg Wrap to Fresh Tomato and Mozzarella Pizza to Chicken Teriyaki—this cookbook gives you more than 200 options for breakfast, lunch, dinner, and snacks. Nearly all the recipes can be made in less than ten minutes of cooking time and are portioned to fit the diet exactly.

With motivational success stories from real people, beautiful full-color photographs, and Jorge's trademark easy-to-follow instructions, *The 3-Hour Diet*™ Cookbook is an essential tool for anyone who wants to get slim, fit, and healthy—and stay that way—for a long time to come. Losing weight has never been easier!

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Editorial Review

From Publishers Weekly

The USA Today fitness guru follows up his bestselling 3-Hour Diet with this cookbook full of meal plans, weight loss tricks and inspirational testimonials. Recipes are, for the most part, surprisingly satisfying: fresh, well-seasoned and appealing enough to tempt even those unconcerned about their waistlines. The 3-Hour Diet requires weight-loss hopefuls to eat every three hours; the portion sizes in this cookbook are accordingly modest, but the recipes include indulgences like mozzarella cheese, semisweet chocolate and even filet mignon. Rich in fiber, lean protein and healthy fats, these offerings don't break any new culinary ground, but they're flavorful and easy to prepare. Barbecued Flank Steak with Grilled Veggies and Rice is a fast and delicious weeknight treat, while Sautéed Scallops with Spinach over Polenta are glam enough to serve to dinner guests. Even desserts, like the Mini Ice-Cream Sandwich, are easy and fulfilling. Some cooks will be puzzled by recipes' unnecessary shortcuts (like the canned fruit in Grilled Pork Cutlets With Citrus Salsa), and by the fact that recipes' nutritional information isn't included, a surprising oversight in a diet cookbook.

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Review

“Recipes from my friend Jorge Cruise, where great food meets great flavor.” (Chef Emeril Lagasse)

About the Author

Jorge Cruise is the #1 *New York Times* bestselling fitness author of over twenty diet and fitness books in over sixteen languages. He is a contributor to *The Dr. Oz Show*, *Steve Harvey*, *Good Morning America*, the *Today* show, the *Rachael Ray Show*, *Extra TV*, *Huffington Post*, *First for Women* magazine, and *The Costco Connection*. He has his own show on Hay House Radio, *Radio Jorge: Wellness for Busy People*, with over twelve million listeners.

Users Review

From reader reviews:

Karena Figueroa:

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