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The Asian Diet: Get Slim and Stay Slim the Asian Way (Capital Lifestyles)

Diana My Tran

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The **ASIAN** Diet

Get Slim and Stay Slim the Asian Way



Diana My Tran with
Idamarie Laquatra,
Ph.D., R.D.
with Foreword by
Barbara Moore, Ph.D.,
President and CEO of Shape Up America!
Photographs by Steve Raymer

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#1399866 in Books Capital Books 2002-04-01 Original language: English PDF # 1 .72 x 8.50 x 9.80l, 1.35
#File Name: 1892123800192 pages | File size: 18.Mb

Diana My Tran : The Asian Diet: Get Slim and Stay Slim the Asian Way (Capital Lifestyles) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Asian Diet: Get Slim and Stay Slim the Asian Way (Capital Lifestyles):

0 of 1 people found the following review helpful. Used bookBy BethThe book gives a brief description of the Asian way of eating. There are many recipes to try and I can't wait to start trying some of them.0 of 2 people found the following review helpful. Good FoodBy Akemi T of PhoenixThe recipes are great for an introduction to Asian cooking. The rest of the "diet" was not so interesting or motivating.0 of 0 people found the following review helpful. Excellent Recipes, particularly Indian Curry!By HarpmayI purchased this book in 2004 directly from Diana, who made my wedding dress. The book is fabulous (so was the wedding dress!) One of our all time favorite recipes is the Indian Curry Chicken that is served with french bread instead of rice. Every recipe in this book is outstanding. I highly recommend it.

Many Americans marvel at the slimness of Asian women and wonder what their secret is. Cookbook author Diana My Tran and nutritionist Idamarie Laquatra reveal the secrets of the Asian Diet in this unique book featuring a fourteen day diet, delicious and nutritious recipes, and a plan for life-long health. Learn how to change your life-style from that of a perpetual dieter to a permanently healthy and slim individual. Diana My Tran emigrated to the U.S. from Vietnam in 1975. She brought with her a talent for preparing the cuisine of her native country. Now a successful designer and dressmaker in Washington, DC, she has experimented and adapted her traditional recipes to the faster pace of American life. She is the author of *The Vietnamese Cookbook*. Idamarie Laquatra is a senior nutritionist at Mount Sinai Hospital and has worked on the Shape Up America Program.

How do Asian stay slim? Any aspiring to the Asian idea of slimness won't want to miss *The Asian Diet: Get Slim And Stay Slim The Asian Way*. From the use of more tofu and decreased focus on meat to 18 days of suggested menus for the Asian diet plan which may be used as a guide, simple recipes make it easy for non-Asians to understand the follow the concepts of the diet. (Midwest Book)About the AuthorDiana My Tran emigrated to the U.S. from Vietnam in 1975. She brought with her a talent for preparing the cuisine of her native country. Now a successful designer and dressmaker in Washington, DC, she has experimented and adapted her traditional recipes to the faster pace of American life. She is the author of *The Vietnamese Cookbook* and *The Asian Diet*.