



# The Doctor's Diet Cookbook: Tasty Meals for a Lifetime of Vibrant Health and Weight Loss Maintenance

By Dr. Travis Stork

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## The Doctor's Diet Cookbook: Tasty Meals for a Lifetime of Vibrant Health and Weight Loss Maintenance By Dr. Travis Stork

A companion to the #1 New York Times best-selling diet book that has swept the nation, The Doctor's Diet Cookbook is a collection of simple, delicious, and balanced recipes that will help you maintain a healthy weight now and throughout your life. The highly flexible and workable plan in The Doctor's Diet unlocked the power of 10 Food Prescriptions to activate weight loss while restoring health, preventing disease and adding years to readers' lives, and this cookbook is an extension of that plan.

The positive feedback on the tasty recipes in The Doctor's Diet was overwhelming, and you demanded more. So, in The Doctor's Diet Cookbook, Dr. Travis Stork brings brand new, easy-to-follow and quick-to-prepare ideas for breakfast, lunch, dinner, snacks and, of course, dessert, all designed to support your weight loss efforts and keep you at optimal health.

Dr. Travis believes that in order to commit to healthy eating, our food must taste good and these meals reflect his passion by presenting unique food variations that are delightful for the palate, as well as for the waistline. Plus, it's flexible for almost any dietary restriction or choice; whether you're a "meat and potatoes" type, a vegetarian, or watching your sodium or sugar intake, this cookbook has mouthwatering options for you.

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#### **About the Author**

Dr. Travis Stork is a board-certified emergency medicine physician and an Emmy-nominated co-host of the award-winning talk show *The Doctors*. He graduated magna cum laude from Duke University and earned his M.D. with honors from the University of Virginia, where he was elected into the prestigious honor society of Alpha Omega Alpha for outstanding academic achievement. Born and raised in the Midwest, Dr. Stork is a fervent believer in helping patients feel empowered when it comes to their health. He believes that often, when people come to the E.R., it's already too late. That's why he takes such pride in teaching people how to avoid preventable illness before it happens. When he's not taping *The Doctors* in Los Angeles, Dr. Travis divides his time between Tennessee and Colorado.

Leda Scheintaub trained as a chef at the Natural Gourmet Institute in New York and has been a writer, editor, and recipe tester for the past twelve years. Her most recent work is *Cultured Foods for Your Kitchen: 100 Recipes Featuring the Bold Flavors of Fermentation*.

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