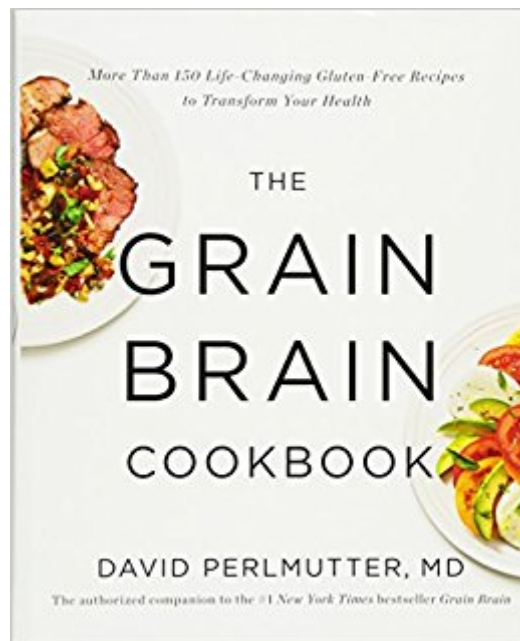




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# The Grain Brain Cookbook: More Than 150 Life-Changing Gluten-Free Recipes To Transform Your Health



## Synopsis

The authorized companion to the #1 New York Times bestseller Grain Brain, with more than 150 life-changing gluten-free recipes for complete health and vitality. Dr. David Perlmutter's groundbreaking bestseller Grain Brain revolutionized the way we think about our health, exposing the devastating effects of wheat, sugar, and carbs on the brain. By eating the right foods, you can profoundly affect how your brain will be working next year, in five years, and for the rest of your life. The Grain Brain Cookbook presents more than 150 delectable recipes to keep your brain vibrant and your body fit, all while dramatically reducing your risk for - and treating - Alzheimer's, depression, ADHD, and epilepsy, as well as relieving everyday conditions like headaches, insomnia, and forgetfulness. With delicious recipes for every meal -- including Spicy Chicken Burgers with Guacamole, Gruyere-Glazed Pork Chops and Cauliflower "Couscous," and many more -- The Grain Brain Cookbook gives you all the tools you need to build a gluten-free diet full of wholesome, flavorful, easy-to-make meals. What you eat is the most important decision you make every day in terms of your health, and once you've tasted how good the Grain Brain diet can be, you'll want to keep making the right choices day after day.

## Book Information

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## Customer Reviews

Praise for Grain Brain: "An innovative approach to our most fragile organ."-Mehmet Oz, MDA  
persuasive case for the wheat-free approach to preserve brain health and functioning."- William Davis, MD, author of Wheat Belly  
"Mind-blowing and disruptive to some long-standing beliefs about what our bodies require for optimal health...Grain Brain lays out an easy-to-understand roadmap

packed with the latest science."-Psychology Today"A tour de force that is destined to save many lives. Please read it."-Health Central"A galvanizing call to arms."-Kirkus Reviews

David Perlmutter, MD, is a board-certified neurologist, a Fellow of the American College of Nutrition, and Editor-In-Chief of the peer-reviewed journal, Brain and Gut. He is the recipient of numerous awards, including the Humanitarian of the Year Award from the American College of Nutrition and the Linus Pauling Award. He serves on the Medical Advisory Board of The Dr. Oz Show and is a contributor to The Huffington Post. Dr. Perlmutter is the author of the #1 New York Times bestseller Grain Brain as well as The Better Brain Book, Raise a Smarter Child by Kindergarten, and Power Up Your Brain. He lives and practices in Naples, Florida.

Although our family eats a diet rich in nuts/seeds, lean protein, and locally grown vegetables and fruits, we found Dr. Perlmutter's recipe book to be very informative. I gained a lot of new ideas from the many soup, sautéed greens, and grilled vegetable recipes that we've already started to make in our kitchen. (It's easy to get in a rut in the kitchen and eat the same old stuff, but this book will help anyone, at any culinary level, clean up AND spice up their diet with some fresh recipe concepts.) While many recipe books can be intimidating due to the amount of shopping time, prep, pre-cooking, and heating, *The Grain Brain Cookbook: More Than 150 Life-Changing Gluten-Free Recipes to Transform Your Health* calls for a minimum of fresh ingredients and preparation. Another great aspect is that each recipe includes the nutritional profile (calories, fats, carbs, fiber, and protein, etc) of each ingredient. I tend to cook fish the same way every time (butter, garlic, and lemon juice), but thankfully I now have tons of options to choose from. The same goes for meats. I think families will resonate with the chapter about snacks. We gathered a bunch of great ideas from that chapter as well. Last but not least, Dr. Perlmutter reminds us about the key takeaways from his bestselling book, *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers*—inflammation is the root cause of all disease, and the processed foods so pervasive in our diet today ignite a smoldering fire in our bodies and brains. When this low-grade fire starts in the brain, it may go unnoticed until it's too late. As such, Dr. Perlmutter reminds us that everyone, including children, need to start making better food choices right now. Thankfully we now have the practical tools to do so, and the recipes are congruent with this anti-inflammatory theme: rich in healthy fats and inflammation-busting herbs, spices, and vegetables.

I read the book Grain Brain which changed my whole diet. I lost weight and greatly improved my

overall health. This cookbook is not bad but some of the recipes are not what I would make.

Thank you, Dr. Perlmutter, for these great recipes that will help keep me on track for the Grain Brain way of eating. As a patient with the rare neurological disease CADASIL, I need to take good care of my brain. I am committed to following Dr. Perlmutter's recommendations and will use this cookbook often!

I bought this cookbook after reading the authors book. (Which was very informative) I am looking forward to trying out the recipes. Living gluten free is taking me sometime to adjust. It is good to know that I am still going to be able to enjoy eating!

The runaway #1 New York Times bestselling book "Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers" by Dr. David Perlmutter took the nutritional health world by storm in 2013 exposing information about how the very foods we put in our bodies can directly impact the way our brain works in the day-to-day and whether we are putting ourselves on the path to developing a neurodegenerative disease such as dementia and Alzheimer's. We're talking about the very real effects that food can have on the body. That's why it makes total sense that Dr. Perlmutter would want to release a companion cookbook for people to take the message they've learned from Grain Brain and apply it to their meal planning. The Grain Brain Cookbook is 300+ pages long and contains over 150 low-carb, high-fat recipes with some beautiful pictures of the final dish. The formatting of the recipes is simple--servings at the top, a brief story about the recipe, the ingredients list, cooking instructions, and then the nutritional analysis. It's a very easy-to-follow book of recipes and there are several major categories of recipes, including Basics, Breakfast, Lunch, Dinner, Snacks, and Desserts. There's a very nice variety of dishes that you can keep your healthy grain-free, low-carb lifestyle interesting. As someone who appreciates the value of low-carb diets, I especially liked that Dr. Perlmutter said at the beginning of the book that consuming a low-carb diet is a must if you want to control your blood sugar which is wreaking havoc on your health. While cutting grains is indeed an important first step, so too is cutting sugar and starch from your diet and replacing them with healthy, real food-based fats, including saturated fats like butter, full-fat meats and cheeses, and more. When you have ingredients this luxurious and delicious, how can you NOT eat well? Get The Grain Brain Cookbook and you'll see what I mean.

I read most of the alternative health books that come out, and some of them are forgettable. this one

is one of the best--definitely a keeper. I believe that in the months to come, it will achieve credibility with traditional medicine. Very well researched--some of the science in the first part of the book is heavy going, but necessary to establish bona fides. On the strength of this book, I found the discipline to go grain free for the first time in my life, and lost 10 pounds--without hunger.

I have only begun to try some of the recipes, and so far I am happy with the results. Since I have always cooked and baked from scratch, this has not been a challenge for me. It just involves using some different ingredients. Where I might not like a particular seasoning in one of the recipes, I find I can substitute it with one I do like. I have found the meals to be tasty and easy to prepare. And the best part is, to my great relief, the ones I have chosen seem to agree with my digestive system.

I highly recommend this book for gluten-free fanatics, and those who are committed because of medical reasons. However it is very in depth and demands a great deal of commitment to follow this book. I would not recommend this for the casual cookbook reader, for someone who is not a committed person to a gluten-free diet based on medical conditions.

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Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, or Ketogenic Lifestyle The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes (Best on the Planet) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) Paleo Recipes: Paleo Recipes for Beginners: 30 Amazing Recipes to Maximize Health (Caveman Diet, Maximize Health, Grain Free, Wheat Free, Dairy Free, Real Food, Detox Recipes, Antioxidants) Gluten Free: Gluten Free Cookbook For Moms (Gluten Free AWESOMENESS 1) A Gluten Free Thanksgiving: How To Make a Delicious Gluten Free Turkey Dinner That Everyone Will Love (Fast, Easy and Delicious Gluten Free Recipes) Gluten Free Every Day Cookbook: More than 100 Easy and Delicious Recipes from the Gluten-Free Chef Good Morning Paleo: More Than 150 Easy Favorites to Start Your Day, Gluten- and Grain-Free

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