



Sugar Bust for Life!...With the Brennans, Part II : Cookbook and Companion Guide

By Ellen C. Brennan, Theodore M. Brennan

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Lose weight, be healthy, and enjoy the delicious dining made possible with SUGAR BUST FOR LIFE! ...WITH THE BRENNANS PART II. Ellen and Ted Brennan's most recent cookbook and companion guide is their response to the many Sugar Busters dieters in need of additional recipes and helpful information initially found in their original, best-selling SUGAR BUST FOR LIFE! The new PART II includes over 300 brand-new low sugar recipes, easy one-dish meals, an updated shopper's brand name guide, new menus, extensive wine list, tips for success and more.

SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II is the answer to less than satisfying meals and restrictive low calorie diets that for some people even create a fear of food. Such deprivation is not good for your well-being. You will learn to enjoy eating and still be healthy as you SUGAR BUST FOR LIFE! ... WITH THE BRENNANS throughout the new millennium. This new way of life will help you lose weight and keep it off without feeling hungry or craving food for long periods of time.

In SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II, Ellen and Ted Brennan have blended quality and taste in recipes that are lacking in unhealthy, high glycemic carbohydrates, such as bananas, beets, carrots, potatoes, refined sugar, flour, pastas, etc. Excessive consumption of such high glycemic carbohydrates can affect the immune system and create the risk for disease. SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II can improve cholesterol, triglycerides, blood sugar levels, blood pressure, digestive disorders, help attain that desired weight while diminishing the symptoms of diabetes and restoring strength and stamina. In their new cookbook and companion guide, you will learn to cook healthfully while still satisfying the most discriminating palates.

Ellen and Ted, surrounded by dining opportunities, understand the challenge of a Sugar Busters lifestyle and have wisely adjusted their eating habits to maintain their good health. They have taken the guesswork out of making wise choices without relying on counting calories or fat grams.

You will discover a new way to eat right while eating well. SUGAR BUST FOR LIFE! ...WITH THE BRENNANS PART II unfolds an easy road to a healthful life for you.

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Editorial Review

From the Publisher

The original SUGAR BUST FOR LIFE! was also published as SUGAR LESS FOR LIFE! ... WITH THE BRENNANS. The contents of these two books are the same. SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II also serves as a second part to SUGAR LESS FOR LIFE! ... WITH THE BRENNANS. There will be no PART II to SUGAR LESS FOR LIFE! Shamrock Publishing

From the Author

We have mastered the easy, healthful lifestyle found in SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II. With many dining opportunities, we understand the challenge and the difficulties of following a low sugar way of life as well as the difficulties of abiding by most weight loss programs. In particular, we recognize the torment in resisting favorite foods as well as the associated guilt and dread of excess pounds.

In an effort to answer the most common questions a low sugar way of eating raises, we have done all the work for you in our latest cookbook and companion guide. We have created and revised many recipes, researched products for an extensive shopper's brand name guide and wine list as well as offer a fourteen day menu planner and tips for success. In PART II, you can learn easily how to read a label in order to avoid the many unacceptable "hidden" ingredients found in the popular foods we eat.

Our low sugar lifestyle makes us feel good and it makes us feel even better to know that we are helping you improve your eating habits, too. We have made no attempt to answer or address medical questions. Please be sure to check with your own doctors for medical answers.

Our SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II includes both delicious recipes and all the information you will need to lose weight and lead a healthy lifestyle - so, what are you waiting for? Start today!

Bon Appetit! Ellen and Ted Brennan

About the Author

Born, raised and married in New Orleans, Louisiana, Ellen and Ted Brennan have enjoyed the carefree lifestyle and great food of "The Big Easy." Their firsthand experience is a result of Ted's co-ownership of world famous Brennan's Restaurant in New Orleans. In 1993, Ellen assisted Ted and his brothers in the production of their internationally acclaimed cookbook, BREAKFAST AT BRENNAN'S... AND DINNER, TOO.

As a result, Ellen was asked to write the Foreword and serve as the publishing consultant, sales and distribution coordinator for the original self-published, SUGAR BUSTERS! ... CUT SUGAR TO TRIM FAT, which sold over 200,000 copies. Although no longer associated with Sugar Busters, LLC, Ellen, with Ted, fervently believe that changing one's eating habits by eliminating high glycemic foods and eating in moderation is a healthy way of life.

Ellen and Ted share with you some of Brennan's Restaurants gastronomic secrets so that you may recreate these very dishes in your own kitchen as you SUGAR BUST FOR LIFE! The Brennans have created an easy guide of recipes, menus, wine lists and more, based on the Sugar Busters diet concept, to help weight loss

while controlling diabetes and high cholesterol.

Both SUGAR BUST FOR LIFE! ...WITH THE BRENNANS PART I and PART II are labors of love and reflect the care and understanding that Ellen and Ted gave to their effort. They have provided the tools necessary in maintaining a low sugar lifestyle, while indulging in culinary creations. Once again, they have compiled a perfect cookbook and companion guide to share their knowledge with you for the new millennium - SUGAR BUST FOR LIFE! ... WITH THE BRENNANS PART II.

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Andrea Toliver:

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Eric Bass:

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