



# French Women Don't Get Fat Cookbook

*Mireille Guiliano*

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## **French Women Don't Get Fat Cookbook** Mireille Guiliano

A companion to the author's best-seller shares recipes that reflect her philosophies about simple preparation, seasonal ingredients and satisfying flavors, providing complementary recommendations for entertaining, menu planning and wine selection.

**Title:** The French Women Don't Get Fat Cookbook

**Author:** Guiliano, Mireille

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## **French Women Don't Get Fat Cookbook Details**

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Author : Mireille Guiliano

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# **From Reader Review French Women Don't Get Fat Cookbook for online ebook**

## **Robin says**

I enjoyed Mireille Guiliana's first book "French Women Don't Get Fat" but this cookbook seemed like a stale collection of her anecdotes from the original book, with some recipes thrown in. Since I read her other book, I tired of hearing the tale of how American carbohydrates made her fat and French leek soup saved her waistline. While it offers up a sensible eating plan (fresh, healthy, homemade, smaller portions) it offers nothing new. After waxing poetic for an indulgent number of pages about her glamorous aunt's secret recipe for "summer diet breakfast creme" only to find out that the secret recipe is your basic yogurt and fruit I decided I'd had my fill of "French Women."

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## **Sandra says**

Guiliano has written a guide to living well, eating wonderfully, and getting to a healthy equilibrium with the least amount of stress. With her many French tips, recipes and advice, Guiliano empowers readers to get healthy without all of the deprivation and pain required by many dieting books.

While some of Guilino's advice is easy and practical, some of her advice can be inaccessible/unattainable such as her recipe for making yogurt at home or her penchant for Veuve Clicquot champagne. Also, despite the title, Guilino inserts other tips for molding readers into French women such as how to wear makeup like a French woman. The tone leans towards French elitism and may not appeal to a broad American audiences.

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## **Ayla says**

Wonderful concept of eating for enjoyment!

Like most people in the US we are all busy trying to multi task, we don't take time to enjoy our food, it is usually eaten before the tv or while reading the newspaper, we become out of touch with the sensual pleasure food can impart. Mirelle advises us to enjoy each bite , becoming satiated with the food not just gobbling it up. She includes wine, and allows for chocolate (in small portions) she offers diversity in foods , most Americans eat a limited amount of fruits and vegetables on a daily basis, try to include more. I love her receipes, I tried her leek soup and found I really enjoy them, they have a taste similar to asparagus when boiled and lightly buttered! She suggests wine at lunch and dinner, wine, especially red is full of anti-oxidents and has been shown to reduce cholestral in blood. her receipes are back to unprocessed verses all the frozen diet foods rich in hidden sodium and sucrose.

If you are ready to look at your relationship with food and willing to change your eating habits, then I highly recommend this book as a easy to understand and enjoyable way at looking at food!

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## **Maze Branch Oak Park Public Library says**

Once again, a lovely way to spend an afternoon...eating and discussing our way through a cookbook. The What's Cooking group tends to enjoy cookbooks that feature photos more than those that do not. However, we made an exception for this cookbook.

Overall, we found the recipes easy to follow, and the ingredients easy to find. The recipes are ideal for weeknight cooking with many preparation times in the 30-45 minute range.

We tasted the following recipes...

- Pumpkin and Apple Soup - this was the recipe that everyone made at home, and we were all in agreement that we enjoyed it the least. We found it bland.
- Savory Flammekueche - bacon pizza - 'nuf said. Oh so delicious...there were absolutely no leftovers!
- Grated Fruit and Veggie Slaw - a unique taste sensation - crunchy, chewy, sweet and sour. Most of us liked it; a couple of us weren't crazy about it.
- Cauliflower with Capers - a nice side dish
- Farfalle with Yogurt Basil Sauce - no one loved this recipe, and no one hated it. It was bland.
- Chocolate Madeleines - the baker was having trouble with her oven, so some of the madeleines were over-cooked. Mixed reviews.
- (Eggless) Chocolate Mousse with Cardamom and Pistachios - a lovely, creamy chocolate treat
- Stuffed Zucchini - we really enjoyed this spicy treat.
- Yogurt and Oatmeal Cake with Coffee Ice Cream - very moist cake/great for breakfast

Guiliano offers balanced advice on eating well but with balance and discipline. Very similar to Weight Watchers.

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### **Mary Clare says**

I'm a sucker for cookbooks that also have personal stories, tangents, narratives, explanations, etc., so "French Women Don't Get Fat Cookbook" hit the spot. Excited to try a lot of these recipes.

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### **Brooke Taylor says**

Good recipes with Mireille's (how do you pronounce that name anyway?) fun little stories and tid bits in between :)

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### **Nicole Harkin says**

I listened to 2/3rds of this book at least a year ago. Stuck on the plane back from Berlin on Saturday I finished the book. On the second go I liked the book a lot more. The author is a French woman who has lived in America for 30 years. In college she put on some weight and was sent to her doctor. Whether this really happened or not, Dr. Miracle serves the important role of explaining to the author and the reader the mysteries of how French women eat.

So the bottom line you ask? Eat anything you want, in moderation and walk a lot, and by a lot I mean three times as much as you do now.

Her tips, however practical, hit home. For instance she suggests carrying an en-cas, or emergency snack. This keeps her from splurging on some unplanned candy bar and pacifies her when she feels hungry, because she knows always has a snack.

One of my favorite chapters talks about the importance of chocolate and bread in your diet, again only eat the best, and in moderation. "French women don't eat Wonder Bread."

In Berlin last week I wore a pedometer. I have been wearing it in DC for four months. My daily step goal is 10,000 steps, but in DC I average 8,000. In Berlin I took at least 15,000 steps daily and one day took 25,000 steps (a.k.a. 10 miles). I loved it. I felt so good. I am going to work on walking more. The author talks about taking the stairs, parking in the furthest parking spot, and trying to incorporate movement into your daily life. She might be right in thinking the machines at the gym are vestiges of our Puritanical history, and serve only to punish us in front of our community.

After listening to the audio book, I bought the hardcover book which contains some very cute little illustrations and French recipes to try. I plan to try the yogurt recipe in the book tomorrow.

I must say I saw the book as more of a fad then anything I might really like, but I was wrong. She offers solid permanent life changing options to help us all look a little more French.

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## Andee Nero says

I picked this up because I recently started eating regular breakfasts and this has an enormous list of easy-to-make ideas. Although it doesn't advertise itself as such, the recipes in this book are composed of simple, basic ingredients and require little prep-work. Most of the recipes have four or less steps and about the same number of ingredients. The focus is on combining the flavors of different fresh foods on a plate, rather than on dumping an entire spice rack into a pot, which I think is really interesting. I'm particularly drawn to goat cheese recipes. There are a lot of flavor combinations with goat cheese that I'm curious to try, although not necessarily in tartines or whatever particular recipe she uses them in. I'm less interested in her miracle weight loss recipes, so I glossed over those and won't be trying them any time soon.

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## Natalia says

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### **Jean Grant says**

This book makes me angry every summer when I come home to Kansas after 3 months feasting in France. Mireille Guiliano may have gained 20 lbs as a teen eating chocolate-chip cookies and brownies in the U.S., but I gain ten pounds EVERY summer in France. It's all so incredibly yummy--such depth and subtlety of flavor in every recipe, and such variety at every meal. All washed down with the most delectable wines. How can anyone not get fat?

I used to go to WEight Watchers in Bergerac (named after the swashbuckling lover), and believe me, there were lots of "rondes" there.

I really like Guiliano's book, but I don't think she was playing fair. Plus, she should know that there are chocolate chip cookies and brownies for sale at most big weekly markets.

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### **Emerald says**

Yes! Someone is saying it the way it is. Okay, except for the title. because french women DO get fat, especially after 40, but probably a far fewer percentage and less drastically than in america. that's for sure!

Her story is great, and her perspective and philosophy on eating is even BETTER. I have always desired to be someone who eats for pleasure but have caught myself bingeing and eating while standing and stuffing my face without being able to really taste the food.

Today i had a breakthrough and enjoyed the food i made as much as i wanted to enjoy it and i feel like i grew past old issues in that moment :)

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### **Andreea says**

I took this book without research thinking it's a chick-lit. I was disappointing when I realized it's actually a "diet book", but decided to give it a chance in any case.

It's not a diet book like your typical diet book, it's more of a "life and diet book" as it comes with lots of helpful things. There are no drastic diet changes, just some obvious rules like don't eat and watch tv and diets are not a healthy way to lose weight.

So why did I like this book so much despite talking about things I knew? I think I liked the author a lot and the fact that it's a book that had all the obvious things in the same place. Sure, there are many things I disagreed with like her repulse towards exercise but to each her own. And my favourite thing? Indulge in things that give you pleasure, but learn moderation and who wouldn't love a diet book that doesn't ban chocolate and pastry?

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## **Leah Hanley says**

I waver between wanting to give this 3.5 stars or a solid 4, but since half stars are not allowed it gets 4. I love most of these recipes. Although I haven't cooked through most of them yet I can tell by reading them that they embody simple yet full, rounded flavors. What I love about the recipes themselves is that she approaches them from preparation through plating and presentation. I also enjoy her brief introductions to some of them, and in that light this cookbook does read somewhat like a memoir. Another bonus is a full chapter on creating menus, and without that it would not have hit home how integral wine is in the French dining experience. It's integral to the point that there is an entire chapter devoted to educating you on Champagne. (When there are only 8 chapters and one is for Champagne, that really makes a statement.) And another thing worth noting is the layout of the recipes is refreshingly well thought out and useful. Each recipe has its own page, which leaves quite a bit of blank space for note taking, the ingredients and instructions are well laid out, and she does well to include how to prep the ingredients IN the list (usually instead of in the instructions. The color choices are playful, but the art loses me a little.

Things I don't like include the organization of recipes, her dieting advice (she's not a health professional and I was interested in this book to learn about French standards and mindsets toward food, not French dieting tricks), and her love for the word "magic." I would have preferred a more logical grouping of recipes, say by protein/ingredient or type of dish. She does explain why she grouped them by meal, but even her explanation about making lunch dishes work for dinner and vice versa contradicted her reasoning. The organization itself was what knocks it down an extra half star. And lastly there were a handful of times where her food science was a little off or I didn't agree with the exclusion of an ingredient substitution. For example, almost all accessible wasabi is actually horseradish died green, so why not just list horseradish instead? And after 3 hours your meat will not benefit from any longer marinating so why insist on marinating meat for 24 hours? Just little things like that.

But overall I would like to keep this book in my repertoire because the food speaks for itself. And I have to say, I am a big fan of the MBC. It's delicious.

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## **Norma says**

I really like this book. Guiliano's food philosophy is easy to adopt. (I've also read her other books) I think my outlook was already similar. I've also been introduced to some new foods. I really like leeks! One drawback to this cookbook is the use of foods that I don't know. It took me awhile to realize that haricots verts are green beans!! There are also ingredients that would be hard to find locally.

Recipes I've tried and liked: Leeks Mozzarella, Roasted Chicken with Endives, and Magical Breakfast Cream.

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## **Raine Baushke says**

I use the recipes and think the book is an effective tool to manage weight the Mireille Guiliano way. Whether it is effective for all is debatable.

