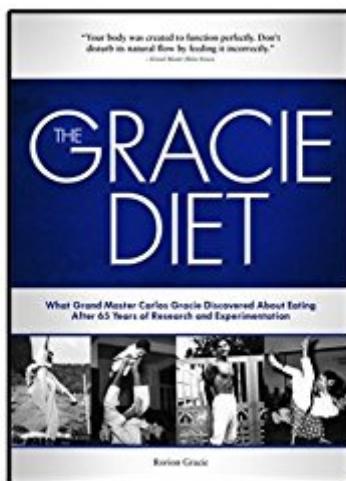


The book was found

# The Gracie Diet



## **Synopsis**

The "Gracie Diet" is a method of eating developed during 65 years of research and first-hand use by Grand Master Carlos Gracie. Based on common sense and the proper combining of foods, it's the secret of success for the largest family of athletes in the world.

## **Book Information**

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## **Customer Reviews**

I am a fan of Gracie Jiu Jitsu and the Gracie family. I really wanted to like this book, but unfortunately I found it quite disappointing. It would benefit from liberal editing -- most pages could be compressed to a sentence or two without sacrificing anything crucial-- and the recipes, of which there are too few, would sound more enticing if accompanied by photographs.

This book was informative, and I took what was useful to me and implemented and have noticed immediate results in how I feel. Thanks to the author!

This diet does work but you must cut out all snacking. Well written and easy to follow. I gave it 4 stars because I personally didn't find it to be very interesting. I highly recommend using a juicer with

this diet

I enjoyed reading about the Gracie's in this book. There was a lot to digest, but I couldn't stop until I got to the end. So far we are in the middle of week two and feeling strong! I recommend also buying Angela Gracie's cookbook for more options.

I really enjoy learning new things, especially when it comes to my health. With so many different ways & approaches out there as to improve health & well being, I truly believe that by doing it the Gracie Way, is the only way. You can be lowfat,gluten-free,etc, but eating food the proper way has made a huge impact! Everyone should follow the Gracie Way..no dieting, it's a lifestyle. It has given me hope & inspiration. Thank you!!!

Even if you don't practice Jiu Jitsu, this book can still serve as a decade proven healthy life style and diet. Ji Jitsu is just the art who takes energy from you, the gracie diet is the art that takes energy into you,Follow the rules, it's there to guide you along a better life in the long run.

If you and your children have a terrible diet, ie the "American" diet of fast foods, take-outs, fried foods, minimal vegetables and fruits and can't seem to change then this is a reasonable book to get you in the mood of changing your life. Some of the suggestions are a little difficult like juicing vs just blending because you need to buy a juicer and then there is the quandary of loss of fiber if you juice your veggies...The book is rigid and doesn't offer too many suggestions to modify the diet but does suggest to gradually try a change. Not a bad effort but if you've already done some nutritional research then this may not be the best for you.

Absolutely fabulous. So easy and has made an Amazing difference in mine and my husband's energy levels, losing those extras pounds and eating right. We are feeling fantastic. Thank you.

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