

The Optimal Diet: The Official CHIP Cookbook


By Darlene Blaney, Hans Diehl M.D.


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The official CHIP cookbook. CHIP, the Coronary Health Improvement Project, is a successful lifestyle intervention program. More than 40,000 people have enjoyed the results of attending this world-class program. How did they do it? They simplified their lifestyle, especially their rich Western diet. And here are some of the recipes they used that made all the difference. If you want to enjoy good food--and good health--this book is for you! It will help you add healthier dishes to your meal rotation, and it will reduce the "crinkly bag syndrome," the dependence on refined foods, such as potato chips, presweetened cereals, and fast food.

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Editorial Review

About the Author

Darlene Blaney is a nutritional consulting practitioner and the founder and president of a nutrition college. Currently completing her Ph.D. in nutrition, she is a corporate CHIP director in Alberta, Canada. Thousands of CHIP participants have enjoyed her delicious recipes.

Chosen as one of America's 20 superheroes of health, Hans Diehl is a best-selling author, researcher, speaker and clinical professor of preventive medicine at Loma Linda University. He is in the forefront of the emerging field of lifestyle medicine. Through his world-class CHIP program he advocates a simpler, saner diet that prevents, arrests, and reverses many common diseases.

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Ismael Roop:

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