



# The Dr. Gourmet Diet for Coumadin Users

*Timothy S. Harlan M.D.*

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# The Dr. Gourmet Diet for Coumadin Users

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**The Dr. Gourmet Diet for Coumadin Users** Timothy S. Harlan M.D.

**If you are on Coumadin, this book is indispensable!**

With The Dr. Gourmet Diet for Coumadin Users, you CAN follow a normal, healthy diet while taking Coumadin.

**NO** avoiding vegetables!

**NO** avoiding salads!

**EAT** real, delicious food without worry!

Using The Dr. Gourmet Diet for Coumadin Users, you'll receive six weeks of healthy menus that will show you that eating on Coumadin can be delicious, healthy, and varied.

The Dr. Gourmet Diet for Coumadin Users is the Coumadin Diet you've been looking for. It includes:

- 6 weeks of complete meal plans (breakfast, lunch and dinner)
- 6 weeks of shopping lists, making grocery shopping quick and easy
- 95+ delicious Coumadin safe recipes
- Information about managing your diet on Coumadin
- Ingredient and cooking tips throughout the book
- Complete Nutrition Facts, including the exact amount of Vitamin K in each recipe

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