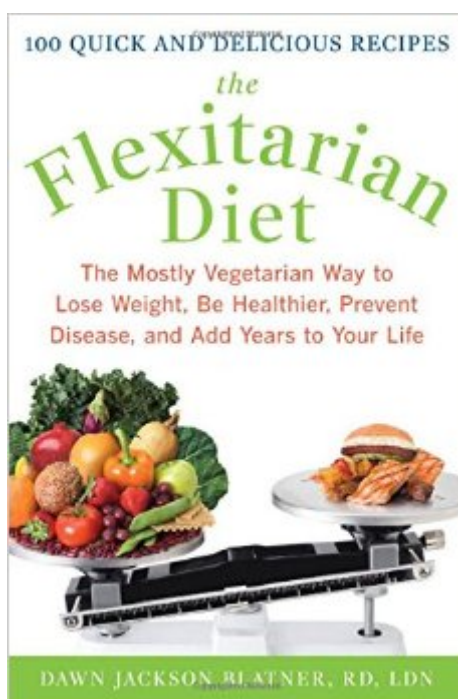


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# The Flexitarian Diet: The Mostly Vegetarian Way To Lose Weight, Be Healthier, Prevent Disease, And Add Years To Your Life



## Synopsis

If you'd like to have all the health benefits of a vegetarian diet--but can't imagine giving up meat . . .  
If you'd like to lose weight, increase energy, and boost your immunity--but can't stand following a bunch of rules and restrictions . . . The Flexitarian Diet is just for you! "With her flexible mix-and-match plans, Dawn Jackson Blatner gives us a smart new approach to cooking and eating." --Joy Bauer, M.S., RD, CDN, "Today" show dietitian and bestselling author of Joy Bauer's Food Cures "The Flexitarian Diet is a fresh approach to eating that's balanced, smart, and completely do-able." --Ellie Krieger, host of Food Network's "Healthy Appetite" and author of The Food You Crave • Offers a comprehensive, simple-to-follow approach to flexitarian eating--the most modern, adaptable, delicious way to eat out there." --Frances Largeman-Roth, RD, senior food and nutrition editor of Health magazine • It's about time someone told consumers interested in taking control of their weight and health how to get the benefits of a vegetarian lifestyle without having to cut meat completely out of their life. • --Byrd Schas, senior health producer, New Media, Lifetime Entertainment Services

## Book Information

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## Customer Reviews

That's the number of daily meal combinations that you can create Dawn Jackson Blatner's mix and match menus/recipes. Part 1 explains her purpose behind the five by five by five plan: five is the average number of ingredients people run into the grocery store to buy after work for that night's dinner. Five small meals a day to fuel your metabolism: 300 calorie breakfast, 400 calorie lunch, 500

calorie dinner, and 2 150- calorie snacks which equals 1500 calories a day. Need only 1200 calories? No problem eliminate snacks. Need 1800 calories? No problem. Double up breakfast. That's the whole point of being FLEXIBLE. The calorie count design allows me to be lazy and have the occasional Amy's Mattar Paneer Tofu(vegan) with a broiled banana for dinner without feeling like I've blown anything. It even has a quiz where you can see where you are on the flexitarian scale. Part 2: Introduces you to some vegetarian foods you may not be familiar with if you are a carnivore. She also talks to you about setting up your healthy pantry, getting in more fruits and veggies (even into the picky veggie-hating eaters in your family. Nuts, cheese, and barbeque or sweet and sour sauce anyone? There is a chart that tells you how long to cook different grains such as quinoa, teff, kasha etc. I love the fact that this info is all in handy chart form making it easy to use for those of us, like me, with short attention spans. Part 3 has those mix-and-match meal plans that I love so much. She has 5 different weeks with 7 breakfasts, 7 lunches, 7 dinners, and 7 snacks complete with shopping lists should you want to follow the plan exactly. Note: the shopping lists assume you've stocked your pantry so, if you skipped that part, you might want to go back and reread it.

From: [...]Book Review: The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life (McGraw-Hill, 2008) by Dawn Jackson Blatner, RD, LDNA licensed and registered dietitian and a national spokesperson for the American Dietetic Association, Dawn Jackson Blatner is also the hostess of a "Healthy Eating" segment on Chicago's Fox News in the Morning. Once referring to herself as a "closet meat eater, she now openly calls herself a flexitarian. Dawn is mainly a vegetarian who eats a little red meat on occasion--a flexitarian. Dawn Blatner writes that the word "flexitarian" was chosen by the American Dialect Society as the Most Useful Word of the Year (2003). Also, a 2003 study published in the American Journal of Clinical Nutrition sampled 13,000 people and found that 2 of 3 vegetarians eat this way. Key Points to The Flexitarian Diet: \* Eating a plant-based vegetarian diet is the smartest thing we can do for our health. \* The author has taught flexitarian eating to thousands of clients and has seen them lose 20-80lbs. \* Phytochemicals in plants protect us from all types of disease. \* Vegetarians live 3.6 years longer on average than non-vegetarians. (They have less disease.) They also weigh approximately 15% less than non-vegetarians. \* The Flexitarian Diet is a gradual shifting to a healthier way of eating. It promises a 15-30lb weight loss within 6-12 months. Benefits also include improved: energy, self-esteem, arthritis, blood pressure, cholesterol, sleep, triglyceride and glucose levels. Also associated with this type of diet is a reduced risk of: cancer, diabetes, heart

disease. \* Contains 100 recipes, but no photos of them.

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