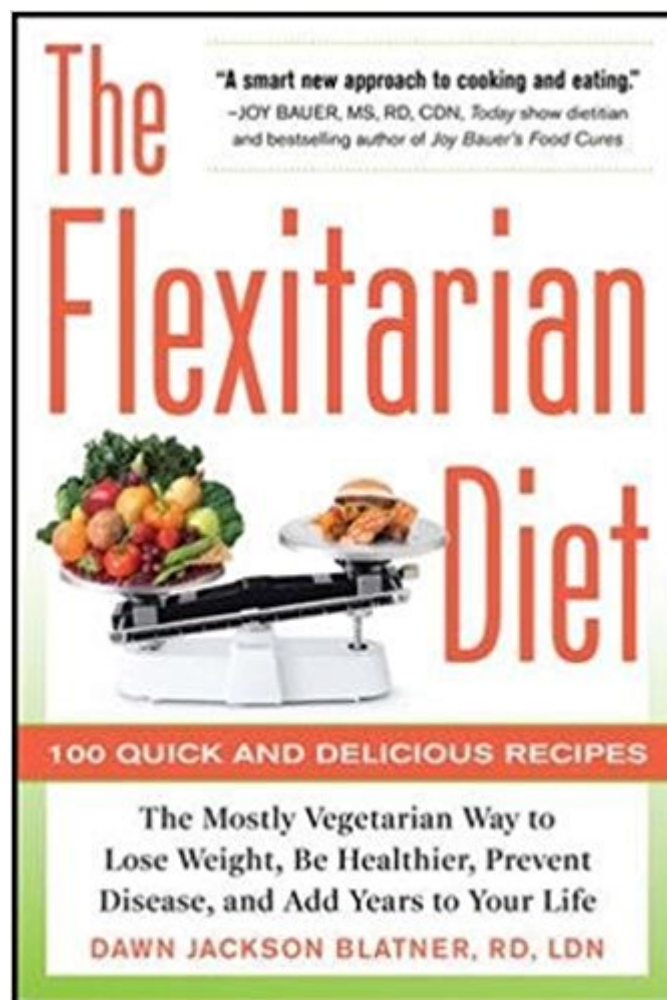




The book was found

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



Synopsis

Lose weight, increase energy, and boost your immunityâ without giving up meat! "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 Introducing the flexible way to eat healthy, slim down, and feel great! "Flexitarianism" is the hot new term for healthy dieting that minimizes meat without excluding it altogether. This ingenious plan from a high-profile nutritionist shows you how to use "flexfoods" to get the necessary protein and nutrients--with just a little meat for those who crave it. As the name implies, itâ™s all about flexibility, giving you a range of options: flexible meal plans, meat-substitute recipes, and weight loss tips. Plus: itâ™s a great way to introduce the benefits of vegetarianism into your family's lifestyle. Enjoy these Five Flex Food Groups: Flex Food Group One: Meat Alternatives (Beans, peas, lentils, nuts, and seeds; Vegetarian versions of meats; Tofu; Eggs) Flex Food Group Two: Vegetables and Fruits Flex Food Group Three: Grains (Barley, corn, millet, oat, quinoa, rice, wheat, pasta) Flex Food Group Four: Dairy Flex Food Group Five: Natural flavor-enhancers (Spices, buttermilk ranch, chili powder, cinnamon, Italian seasoning, herbs; Fats, oils, butter spreads; Sweeteners, granulated sugars, honey, chocolate; Ketchup, mustard, salad dressing, vinegars, low-fat sour cream)

Book Information

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Customer Reviews

Thanks to the growing health movement known as flexitarianism, you can manage your weight, increase your energy, and lower your health risks with a flexible nutrition plan that minimizes meat without excluding it. The Flexitarian Diet is not a diet in the strict sense of the word but a smart new way of cooking, eating, and living that's as flexible as you are. You can eat what you want with the Five-by-Five Flex Plan--five basic five-part guidelines that you customize to your taste: Five Flex food groups Five main-ingredient recipes Five types of FlexLife troubleshooters Five Flex fitness factors Five-week Flex meal plan Here's how it works: There are no rules and no restrictions. Just eat more plants during your regular meals--and try to do the best you can. It's that simple. Once you understand the basics of FlexFoods, you can swap your ingredients, change your dinner plans, beef up your main dishes with meaty alternatives, and spice up your vegetables for fully satisfying meals. The secret is flexibility, according to registered dietitian Dawn Jackson Blatner, the creator of The Flexitarian Diet. As health columnist for Lifetime Television's website, she knows what dieters are looking for. As spokesperson for the American Dietetic Association, she realizes that vegetarianism keeps us slim and healthy. But as a closet meat-eater, she understands how hard it is to live exclusively on tofu and sprouts. That's why she developed this wonderfully flexible plan--so you can make your own choices and go at your own pace. (If you're worried about how everything will taste, relax--Dawn is an experienced cooking instructor!) The choice is yours. Just follow some of the suggestions some of the time, and you can still lose weight, improve your heart health, decrease your risk of diabetes and cancer, and live longer--with the veggie-smart diet that lets you have your meat and eat it too. --This text refers to an out of print or unavailable edition of this title.

Dawn Jackson Blatner, RD, LD, is a national media spokesperson for the American Dietetic Association, and an internationally recognized speaker on nutrition topics. She has been quoted in dozens of articles that have appeared in USA Today, Wall Street Journal, Washington Post,

Minneapolis Star-Tribune, Chicago Tribune, Chicago Sun-Times, Today's Chicago Woman, Chicago Magazine, Shape, Women's World, Fitness Magazine, Newsweek, Self, and Cooking Light. She has a regular Healthy Eating segment on Chicago's FOX News in the Morning television show, and guest-hosted the radio show Let's Talk Health Chicago. Additionally, Ms. Blatner has been a guest on many television and radio programs, both locally and nationally, including the Today Show, NPR, CNN, NBC Nightly News, Dateline, and Chicago Tonight. Ms. Blatner is also the main nutrition expert for LifetimeTV.com. She consulted on the Academy Award-nominated Super Size Me documentary, and currently appears in a national public service announcement promoting Registered Dietitians. Ms. Blatner has written health and wellness articles for national magazines, such as Fitness and Health, and has contributed to several books, including the American Medical Association Guide to Weight Management. She has a regular column in Obesity Management journal, a monthly Ask the Expert column for ALL YOU Magazine on line, and a featured blog on the FOX Chicago news Web page. She is a food and nutrition consultant for Diet.com.

In the first 8 weeks I lost 22 lbs and significantly reduced my cholesterol numbers. I recommend it to anyone who wants to start a new way of eating.

I am still working through this book , but appreciate the recipes are made to serve one. I have tried some unusual combinations that are very good which I would have been hesitant to try as a larger recipe. I will write more after a month. I like they you can substitute chicken or salmon in some of the recipes.

This book contained really good information and studies on becoming a proper Flexitarian. I would recommend it to anyone wanting to slowly change their eating habits and lifestyle. The menu's, recipes and guides are extremely helpful!

I met Dawn at an event a few years ago and was impressed by her no-nonsense approach to nutrition and healthy living. The Flexitarian Diet is like a home ec class for grown-ups; educating the reader about nutrition principles without requiring a degree in chemistry, demonstrating these principles through the fantastic recipies, and supplementing the dietary knowledge with information on incorporating exercise into daily habits. She also discusses the health issues our society faces today as a result of poor eating habits and the ever-increasing epidemic of obesity. The information in this book is easy to incorporate into your life, whether you are a busy single or parent. As she

states in the book, you don't have to change everything overnight, rather start adding small changes one by one. Her method is all about **ADDING** new foods and ideas to your daily diet, not telling you "don't eat that". I started out with a few recipes that caught my eye, and challenged myself to some that I had never even considered (brown rice for breakfast? Yes!). Bottom line - whether you're just looking for new, healthy recipes to try or want to improve your health and eating habits, buy this book!

The book lays out a simple plan for eating less meat, and solid reasons for why it's better for your body if you do, without making the reader feel guilty or overwhelmed. I've tried several recipes. They're easy, tasty, and fit into my fairly hectic schedule in nursing school. I've noticed an overall improvement in my health since increasing my produce intake. Stronger hair, nails, and clearer skin. However, these pale in comparison to a noticeably stronger immune system, weight loss, and a cheaper grocery bill to boot! Use this book to get started eating healthier and then play with menu to suit your taste buds.

I was so excited to receive this book and it did not disappoint me. Dawn Jackson Blatner nails it! After being diagnosed with very high cholesterol, I knew that I had to decrease the amount of meat in my diet. I had been struggling with my desire to eat a healthy vegetarian diet and my love for meat. When I read this book, I realized that I didn't have to give up anything! I was looking at it the wrong way. I can be "flexible". I don't have to be rigid. The recipes in this book are so delicious, filling and super easy to make. Most of them have just a few ingredients and take just a little prep time. The ingredients are easy to find in just about any local supermarket. The shopping lists included in the book make my life a lot easier! I just take the list with me when I shop and I'm all set for the week. Now my diet is not only healthy but I don't feel guilty when I do have some meat or cheese. I can be flexible **AND** healthy! I am actually looking forward to my next cholesterol test. With this flexible "lifestyle", I know I will be much healthier and beat the cholesterol monster. Thank you, Dawn!

interesting read, good for someone who is not quite ready to become a vegetarian yet

Has great recipes that are for one person and can be double, tripled, and such to make more. Great information. I had originally bought this book because I saw her on "My diet is better than your diet". She gives great information on how to introduce non meat items into your diet. It is a great reference

book for switching unhealthy items with more healthy meals. I will keep it around for the recipes only.

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