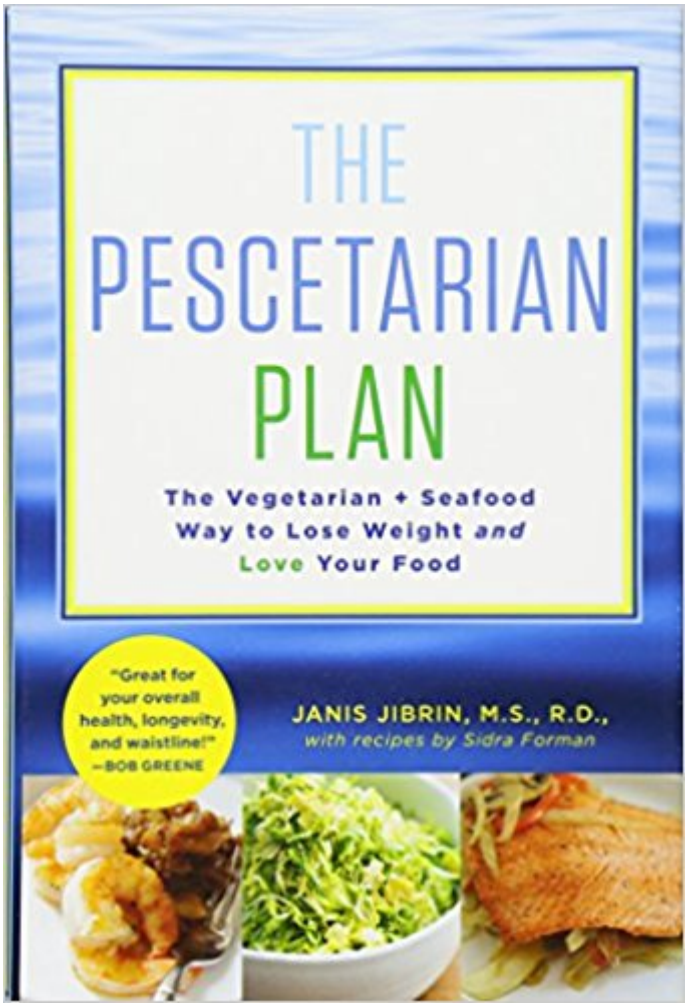
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The Pescetarian Plan: The Vegetarian + Seafood Way To Lose Weight And Love Your Food



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Synopsis

With more than 100 mouthwatering recipes, switching to a vegetable- and seafood-based diet has never been easier, healthierÃ¢â ¬â •or more delicious! Ã Â You can go vegetarian to slim down, help reduce your risk for cancer and cardiovascular disease, feel great, and probably live longer. Or you can eat fish to help protect your heart, quell appetite, stay sharp, be happier, and even have better skin. (You read that right!) Better yet, you can enjoy the best of both worlds with The Pescetarian PlanÃ¢â ¬â •a delicious, easy-to-follow, one-of-a-kind program for weight loss and optimal physical and mental well-being. Ã Â Inspired by the traditional Mediterranean way of eating (Ã¢â ¬Å“pesceÃ¢â ¬Â• is the Italian word for Ã¢â ¬Å“fish,Ã¢â ¬Â• and Ã¢â ¬Å“pescaÃ¢â ¬Â• is Spanish for Ã¢â ¬Å“fishing,Ã¢â ¬Â• thus the alternate spelling Ã¢â ¬Å“pescatarianÃ¢â ¬Â•), veteran nutritionist Janis Jibrin, M.S., R.D., offers step-by-step portion- and meal-planning instructions, including a wide variety of quick and easy breakfast, lunch, and dinner recipes to help you meet your weight-loss and health goals.Ã Â She shares her deep knowledge of the science behind the healthiest diet on the planet, deftly explaining the amazing potential benefits of eating the pescetarian wayÃ¢â ¬â •including whittling your waist, reducing chronic inflammation, preventing arterial plaque, and possibly warding off AlzheimerÃ¢â ¬â„¢s. She also breaks down the latest information about mercury, overfishing, and the environmental impact of your ingredient choices. Ã Â With Chef Sidra FormanÃ¢â ¬â„¢s expert guidance, youÃ¢â ¬â„¢ll become confident in the kitchenÃ¢â ¬â •fish and other types of seafood are much easier to prepare (and much harder to mess up!) than you may think. And the mouthwatering recipes and photosÃ¢â ¬â •including Broiled Trout with Preserved Lemon and Thyme, Grilled Shrimp with Peach BBQ Sauce, Roasted Chick Pea Snacks, Blueberries Baked with Sweet Cream, and Chocolate Cupcakes with Mint IcingÃ¢â ¬â •give you options the whole family will love. Ã Â Quite Possibly the Healthiest Eating Style on the Planet! Ã Â On the Pescetarian Diet you will: Ã¢â ¬Â¢ See inches around the waist disappear Ã¢â ¬Â¢ Feel more active and productive Ã¢â ¬Â¢ Fill your plate with the best, most nutritious food Ã¢â ¬Â¢ Stop counting caloriesÃ¢â ¬â •itÃ¢â ¬â„¢s all in the portions Ã¢â ¬Â¢ Go at your own pace: start slowly or dive right in Ã¢â ¬Â¢ Really enjoy your food and its many benefitsPraise for The Pescetarian Plan Ã Â Ã¢â ¬Å“The [recipes] in this book are designed to leverage both science and satisfaction.Ã¢â ¬Â•Ã¢â ¬â •The Washington PostÃ¢â ¬Å“Informative and inspiring . . . [includes] 100 approachable recipes.Ã¢â ¬Â•Ã¢â ¬â •Publishers WeeklyÃ¢â ¬Å“Great for your overall health, longevity, and waistline!Ã¢â ¬Â•Ã¢â ¬â •Bob Greene, author of The Best Life Diet Ã Â Ã¢â ¬Å“This life-changing diet will help improve your health and longevity. The easy-to-follow recipes and step-by-step instructions make adopting the plan simple

and delicious. It is a must-read if you are committed to embracing a healthier lifestyle.Ã¢â ¬Â•Ã¢â ¬â •Rebecca Reeves, Dr.P.H., former president of the Academy of Nutrition and Dietetics Ã Â Ã¢â ¬Å“Better sex through diet? Yes! In addition to weight loss and brain and heart health, thatÃ¢â ¬â„¢s one of the impressive benefits of this vegetarian-plus-seafood diet. Furthermore, itÃ¢â ¬â„¢s well-researched, approachable, sustainable, and delicious!Ã¢â ¬Â•Ã¢â ¬â •Brandi Koskie, director of publishing at DietsInReview.com

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Janis Jibrin, M.S., R.D., is a contributing nutrition editor at SELF magazine and the lead nutritionist for Best Life (a weight loss and wellness company), writing weekly blogs for TheBestLife.com. She has written hundreds of articles for Family Circle, Good Housekeeping, More, MenÃ¢â ¬â„¢s Health, SELF, Prevention, and other popular publications. She is the co-author (with Best Life founder, Bob Greene) of The Life You Want and The Best Life Guide to Managing Diabetes and Pre-Diabetes, and she also wrote The Supermarket Diet series, all of which have been New York Times bestsellers. Ã Â Sidra Forman is a chef, florist, urban farmer, and recipe contributor to Janis Jibrin and Bob GreeneÃ¢â ¬â„¢s books who lives in Washington, D.C. Her philosophy of cooking, whether for her family, friends, or clients, is that the best-tasting and best-for-you foods should be one and the same.

This book has some great information. I have been studying nutrition on my own for years and I agree with the authors position that a diet high in seafood and vegetables (high Omega-3) is one of the healthiest ways to eat. She provides a lot of detail on why this plan is so healthy without getting overly technical. She addresses issues such as concerns over mercury and consumption of dairy. She tries to use sustainable, high omega 3 options for her recipes as well. The recipes look amazing.I actually contacted the author before I purchased this book because I have a wheat allergy and I was not sure if that would keep me from enjoying the plan. She was very quick to respond and helpful and I found that there is a lot in the book that is wheat free and a lot more that can be adjusted.I recently moved to the ocean, so now I am looking forward to being able to take advantage of the fresh seafood here. This book will definitely help me and gave me some solid ideas for improving my help.Very well done and recommended

The author clearly explains the benefits of following a pescetarian diet and backs it up with the science to support it. The recipes are delicious and easy to make. I recently came off a weight loss regimen and was worried that it would be difficult to maintain my new weight. Following the helpful advice in this book/cookbook has really helped me.

If you want to get healthy and lose weight this is the optimal diet. Well written and researched. Recipes are top notch. I love this book. Thank you!

I am loving that the science of different nutrients and their actions in the body is being explained,

with cited studies to back up the information.

Love this book!! Full explanation of the Pescetarian Decision. Beautiful pictures and wonderful recipes.

Very useful and helpful in changing my eating habits.

Really excellent reference book as well as great recipes. Arrived in perfect condition.

I only wish it came with a more comprehensive shopping list with lead times.

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