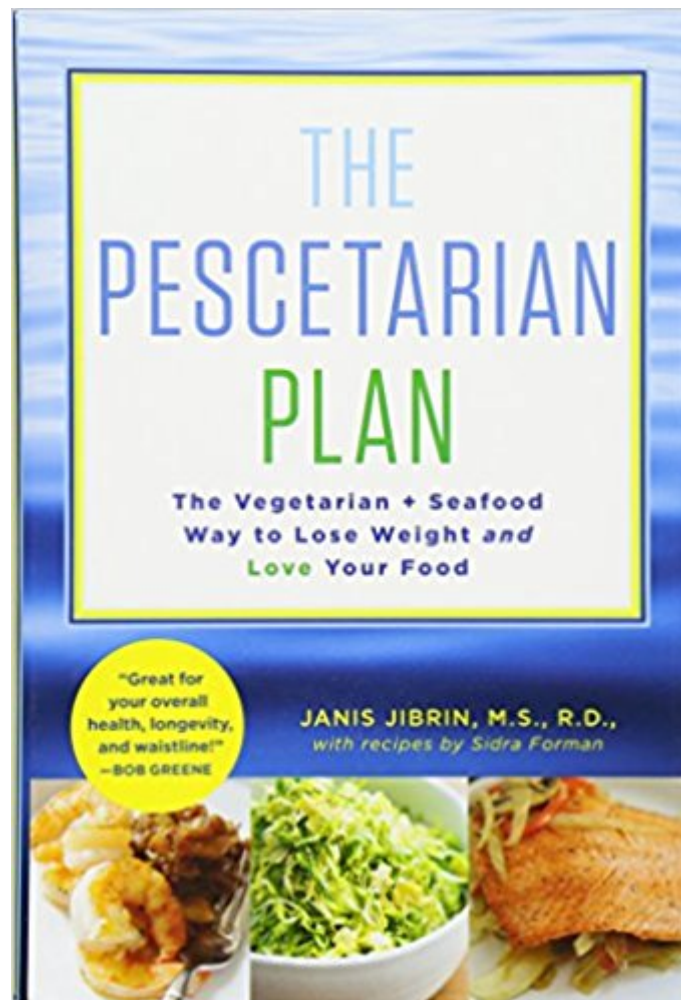




The book was found

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



Synopsis

With more than 100 mouthwatering recipes, switching to a vegetable- and seafood-based diet has never been easier, healthier—or more delicious! 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 Plan—a delicious, easy-to-follow, one-of-a-kind program for weight loss and optimal physical and mental well-being. Inspired by the traditional Mediterranean way of eating (pesce is the Italian word for fish, and pesca is Spanish for fishing, thus the alternate spelling pescatarian), 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. 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 way—including whittling your waist, reducing chronic inflammation, preventing arterial plaque, and possibly warding off Alzheimer's. She also breaks down the latest information about mercury, overfishing, and the environmental impact of your ingredient choices. With Chef Sidra Forman's expert guidance, you'll become confident in the kitchen—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 photos—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 Icing—give you options the whole family will love. Quite Possibly the Healthiest Eating Style on the Planet! On the Pescetarian Diet you will: See inches around the waist disappear Feel more active and productive Fill your plate with the best, most nutritious food Stop counting calories—it's all in the portions Go at your own pace: start slowly or dive right in Really enjoy your food and its many benefits Praise for The Pescetarian Plan "The [recipes] in this book are designed to leverage both science and satisfaction."—The Washington Post "Informative and inspiring . . . [includes] 100 approachable recipes."—Publishers Weekly "Great for your overall health, longevity, and waistline!"—Bob Greene, author of The Best Life Diet "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. •Rebecca Reeves, Dr.P.H., former president of the Academy of Nutrition and Dietetics “Better sex through diet? Yes! In addition to weight loss and brain and heart health, that’s one of the impressive benefits of this vegetarian-plus-seafood diet. Furthermore, it’s well-researched, approachable, sustainable, and delicious! •Brandi Koskie, director of publishing at DietsInReview.com

Book Information

Hardcover: 384 pages

Publisher: Ballantine Books (March 11, 2014)

Language: English

ISBN-10: 0345547160

ISBN-13: 978-0345547163

Product Dimensions: 6.5 x 1.2 x 9.6 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 30 customer reviews

Best Sellers Rank: #59,035 in Books (See Top 100 in Books) #11 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood #77 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #91 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

“The [recipes] in this book are designed to leverage both science and satisfaction. •The Washington Post “Informative and inspiring . . . [includes] 100 approachable recipes. •Publishers Weekly “Great for your overall health, longevity, and waistline! •Bob Greene, author of The Best Life Diet “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. •Rebecca Reeves, Dr.P.H., former president of the Academy of Nutrition and Dietetics “Better sex through diet? Yes! In addition to weight loss and brain and heart health, that’s one of the impressive benefits of this vegetarian-plus-seafood diet. Furthermore, it’s well-researched, approachable, sustainable, and delicious! •Brandi Koskie, director of publishing at DietsInReview.com

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, Men'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. Sidra Forman is a chef, florist, urban farmer, and recipe contributor to Janis Jibrin and Bob Greene'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 health. 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.

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business

Plan,) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Vegetarian Cooking: Spaghetti with Vege Whitefish in Wasabi Mayonnaise (Vegetarian Cooking - Vege Seafood Book 90) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Vegetarian Weight Loss: How to Achieve Healthy Living & Low Fat Lifestyle (Weight Maintenance & Heart Healthy Diet) (Special Diet Cookbooks & Vegetarian Recipes Collection Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)