



The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life

Dawn Jackson Blatner

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Lose weight, increase energy, and boost your immunity?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, it's all about flexibility, giving you a range of options: flexible meal plans, meat-substitute recipes, and weight loss tips. Plus: it'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)

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Georgetta Watson:

Your reading sixth sense will not betray you, why because this The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life guide written by well-known writer we are excited for well how to make book which can be understand by anyone who also read the book. Written within good manner for you, still dripping wet every ideas and producing skill only for eliminate your personal hunger then you still question The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life as good book not simply by the cover but also by the content. This is one e-book that can break don't assess book by its deal with, so do you still needing an additional sixth sense to pick this specific!? Oh come on your examining sixth sense already said so why you have to listening to yet another sixth sense.

Shannon Grant:

The book untitled The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life contain a lot of information on this. The writer explains the woman idea with easy technique. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read that. The book was authored by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can read on your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice examine.

Lawrence Scuderi:

That reserve can make you to feel relax. This kind of book The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life was colorful and of course has pictures on there. As we know that book The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life has many kinds or genre. Start from kids until adolescents. For example Naruto or Investigator Conan you can read and believe you are the character on there. So , not at all of book are make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading that will.

Amy Petersen:

As a college student exactly feel bored to be able to reading. If their teacher asked them to go to the library as well as to make summary for some guide, they are complained. Just tiny students that has reading's soul or real their hobby. They just do what the teacher want, like asked to go to the library. They go to presently there but nothing reading significantly. Any students feel that reading is not important, boring and can't see colorful pics on there. Yeah, it is for being complicated. Book is very important for yourself. As we know that on this period of time, many ways to get whatever we really wish for. Likewise word says, ways to reach

Chinese's country. So , this The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life can make you feel more interested to read.

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