



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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From reader reviews:

Rita Dubois:

In this 21st hundred years, people become competitive in every way. By being competitive right now, people have do something to make all of them survives, being in the middle of the crowded place and notice simply by surrounding. One thing that at times many people have underestimated it for a while is reading. Yep, by reading a book your ability to survive raise then having chance to stand up than other is high. To suit your needs who want to start reading a book, we give you this specific The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life book as nice and daily reading publication. Why, because this book is more than just a book.

Lynn Gowen:

The e-book untitled The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life is the guide that recommended to you to study. You can see the quality of the guide content that will be shown to a person. The language that creator use to explained their ideas are easily to understand. The author was did a lot of exploration when write the book, and so the information that they share to you is absolutely accurate. You also might get the e-book of The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life from the publisher to make you considerably more enjoy free time.

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George McDaniel:

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 that. The writer explains the girl idea with easy approach. The language is very clear to see all the people, so do not really worry, you can easy to read this. The book was published by famous author. The author brings you in the new era of literary works. It is possible to read this book because you can keep reading your smart phone, or model, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice examine.

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