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

Carlo Young:

People live in this new time of lifestyle always aim to and must have the free time or they will get lots of stress from both daily life and work. So , if we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the particular book you have read is actually The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life: The Mostly Vegetarian Way to ... Prevent Disease, and Add Years to Your Life.

Allen Ellis:

Is it anyone who having spare time and then spend it whole day through watching television programs or just lying down on the bed? Do you need something totally new? This The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life: The Mostly Vegetarian Way to ... Prevent Disease, and Add Years to Your Life can be the solution, oh how comes? A fresh book you know. You are consequently out of date, spending your spare time by reading in this new era is common not a geek activity. So what these books have than the others?

Laura Burke:

Do you like reading a e-book? Confuse to looking for your preferred book? Or your book seemed to be rare? Why so many concern for the book? But any people feel that they enjoy regarding reading. Some people likes studying, not only science book but in addition novel and The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life: The Mostly Vegetarian Way to ... Prevent Disease, and Add Years to Your Life or maybe others sources were given know-how for you. After you know how the great a book, you feel want to read more and more. Science e-book was created for teacher or perhaps students especially. Those ebooks are helping them to add their knowledge. In other case, beside science e-book, any other book likes The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life: The Mostly Vegetarian Way to ... Prevent Disease, and Add Years to Your Life to make your spare time far more colorful. Many types of book like this one.

Gwendolyn Harrison:

What is your hobby? Have you heard in which question when you got scholars? We believe that that query was given by teacher for their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person like reading or as reading become their hobby. You need to understand that reading is

very important and book as to be the factor. Book is important thing to incorporate you knowledge, except your personal teacher or lecturer. You find good news or update regarding something by book. Numerous books that can you go onto be your object. One of them is The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life: The Mostly Vegetarian Way to ... Prevent Disease, and Add Years to Your Life.

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