



DOWNLOAD



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

By Dawn Jackson Blatner

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, be Healthier, Prevent Disease, and Add Years to Your Life, Dawn Jackson Blatner, "The Flexitarian Diet" is the first book to describe what is potentially the next big diet and nutritional movement - 'flexitarianism'. The concept has grown so popular that "Bon Appetit" selected 'flexitarian' as a hot trend for 2010. A flexitarian diet is part-time vegetarianism but, as the name suggests, flexitarianism is also about flexibility! a healthy, guided, customizable, appetizing, and family-friendly flexibility. "The Flexitarian Diet" begins with a quiz examining three nutrition factors: food preferences and aversions; whether the reader's current diet is likely to cause shortfalls or overloads in particular nutrients; and, which food habits they most want to change. The answers point to best starting point for that reader. This way, readers make gradual, rational changes one meal, one food group at a time. Each section includes information about how to substitute flexitarian recipes for traditional favorites, tips on how to assure that family members are engaged in the process, suggestions for foods that are easy to incorporate in the average meal, and sneaky ways...



READ ONLINE
[2.91 MB]

Reviews

This publication could be worthy of a study, and superior to other. it was writtern extremely perfectly and beneficial. I am just easily could possibly get a delight of reading through a published pdf.

-- Prof. Bernie Torphy

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.

-- Dayne Johns