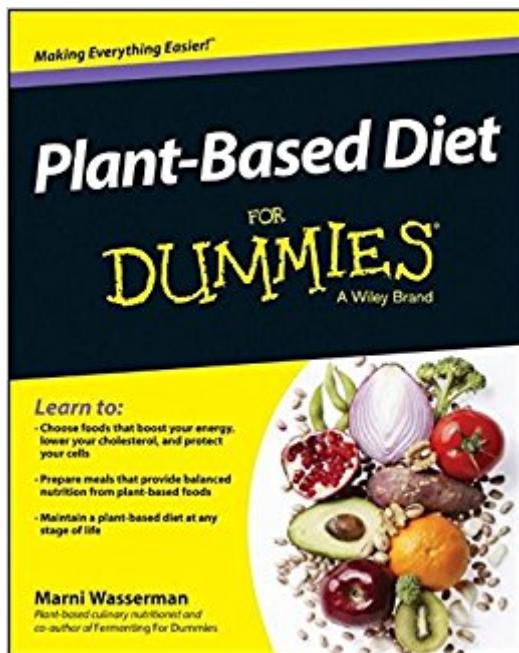


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# Plant-Based Diet For Dummies



## Synopsis

Get healthy, lose weight, and feel great on a plant-based diet The benefits of a plant-based diet have been publicized far and wide, and you can no longer deny itâ€”you're fully ready to experience the health benefits of this lifestyle. Plant-Based Diet For Dummies has been created to help even the most stubborn carnivores adapt to and even learn to find joy in a plant-based diet. Besides providing useful tips, delicious recipes, and meal ideas, this lively resource discusses all you have to gain from adopting healthier eating habits, including a decreased risk for cancer, a lower risk of heart disease and stroke, a lower cholesterol count and blood pressure, and a lower risk, and prevention, of diabetes. A meat-free lifestyle has many benefits for your body, and author Marni Wasserman takes you on a journey of discovery into the exciting world of fruits, vegetables, and other nutrient-rich foods. A plant-based diet, while similar to vegetarian and vegan diets, is different in that it allows an individual to experience the benefits of vegetarianism without focusing on the politics of a meat-free lifestyle. This book takes the mystery out of adopting better food habits and making better meal choices. It shows you how to stock your kitchen, cook fantastic meals, and discover the wealth of delicious ingredients at your fingertips. Discusses how to improve energy, lower cholesterol, and protect the body's cells, all through better diet options Includes more than 40 mouthwatering recipes and sample menu plans Gives specific advice and instructions for athletes, those battling illnesses, expectant parents, seniors, and children Covers which plant foods are good sources of fat, protein, complex carbohydrates, and fiber Get healthy, lose weight, and feel great on a plant-based diet.

## Book Information

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## Customer Reviews

Learn to: Choose foods that boost your energy, lower your cholesterol, and protect your cells Prepare meals that provide balanced nutrition from plant-based foods Maintain a plant-based diet at any stage of life Reap the benefits a plant-based diet has to offer Getting nutrition from plant-based foods is one of the best things you can do to lose weight, fight disease, and feel great. Chock-full of info on the most nutrient-dense foods, details on modifying your diet, and much more, this down-to-earth guide gives you everything you need to eliminate meat and reap the benefits of a plant-based lifestyle! Plant a seed • understand how a plant-based diet and lifestyle improves your energy, lowers your cholesterol, and protects your body's cells from damage by cancer-causing agents Meat, be gone • transition to plant-based living with tips on overhauling your kitchen contents, being a savvy shopper, and boosting your diet with supplements What's on your plate? • discover how to make wholesome choices for your meals and get organized with handy grocery lists and meal plans Get cookin' • make simple and delicious recipes the whole family will love, and find out how to modify your favorite recipes to be plant-based Take note • find plant-based specifics for athletes, expectant moms, seniors, and children Open the book and find: 50+ recipes for every meal of the day Tips for filling your fridge and pantry with plant-based foods How to navigate restaurants and special occasions on a plant-based diet Ideas for stretching your recipes beyond one meal Guidance on raising children on a plant-based diet Which plant foods are good sources of fat, protein, complex carbohydrates, and fiber Ten plant-based treatments to add to your beauty routine

Marni Wasserman is a culinary nutritionist and health strategist. She owns and operates her Food Studio and Lifestyle Shop in Toronto where she teaches people how to make everyday eating simple and delicious. She also writes for Tonic Toronto magazine, Huffington Post, Chatelaine Magazine, and her blog at [www.marniwasserman.com](http://www.marniwasserman.com).

Great Beginner book.

Nice recipes

very nice, simple & easy to understand.

excellent resource

helpful

I have some mixed feelings about this book, which is why I docked it a star. On one hand, I feel that the book provides some excellent information regarding the uses and nutritional values of a lot of different plants. On the other hand, it is preachy. I've never been a fan of the militant vegan. Having addressed the undertones of I'm-better-than-you-vegetarianism. Let's get to what I think is good about this book. The book contains many plant-based recipes in it, and all the ones I have tried have been delicious. In addition to these recipes, the book helps readers understand micronutrients and macronutrients, and shows how you can get all the vitamins and minerals you need from various plants. For example, it explains that bok choy is high in calcium, sea salt offers the iodine you need while being lower in sodium, and kale is a good source of iron. There is a lot of good information on nutrition in this book and I think it is well worth the read, especially if you're curious about the benefits of a plant-based diet. There is some preachiness to it, but I think the useful information far outweighs whatever opinions might be present.

First I have nothing against Marni she is a good person, BUT here is the problem, eating plant based is healthy but you do NOT need to cut out wheat or gluten UNLESS you have severe allergies or an intolerance to a particular food. They have nutrients we need, cutting them out when not necessary for medical reasons can actually lead to medical problems later. Too many people are coming out with diet books and are telling people to cut out wheat, gluten, carbs and other things that are not necessary to do. There are medical cases which people will have to cut out certain things for allergies, intolerance and carbs for people who have severe epileptic seizures. Again those are MEDICAL reasons. Do not cut out things you do need to be cutting. As a CPT, & CNS I come across too many people cutting things they do not need to be cutting.

good reference

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