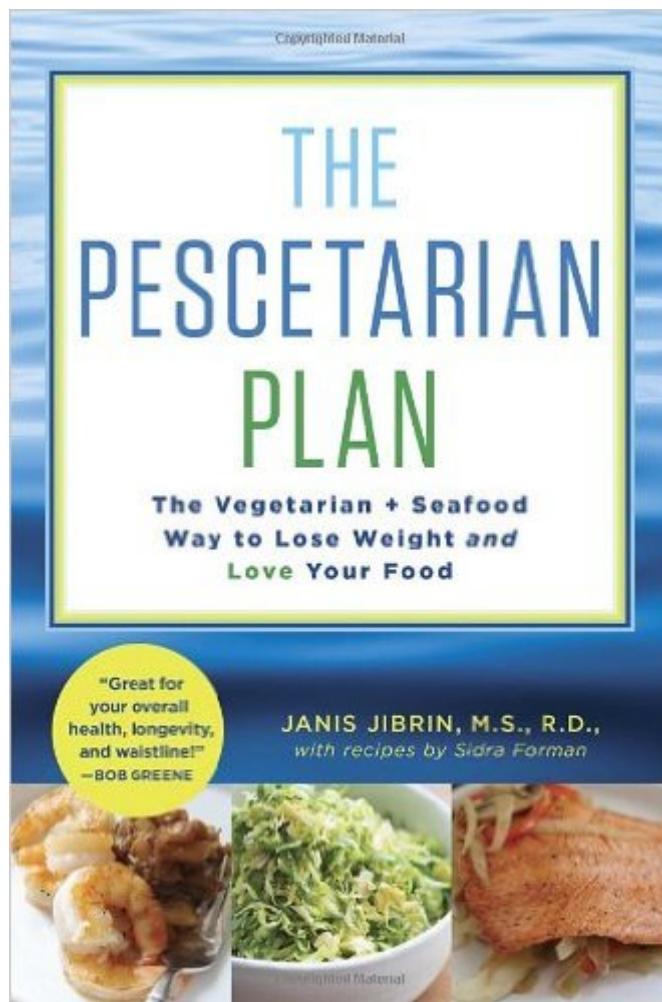


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# The Pescetarian Plan: The Vegetarian + Seafood Way To Lose Weight And Love Your Food



## Synopsis

With more than 100 mouthwatering recipes, switching to a vegetable- and seafood-based diet has never been easier, healthierâ "or more delicious! Â You can go vegetarian to slim down, help reduce your risk for cancer and cardiovascular disease, feel great, and probably live longer. Or you can eat fish to help protect your heart, quell appetite, stay sharp, be happier, and even have better skin. (You read that right!) Better yet, you can enjoy the best of both worlds with The Pescetarian Planâ "a delicious, easy-to-follow, one-of-a-kind program for weight loss and optimal physical and mental well-being. Â Inspired by the traditional Mediterranean way of eating (â œpesceâ • is the Italian word for â œfish,â • and â œpescaâ • is Spanish for â œfishing,â • thus the alternate spelling â œpescatarianâ •), veteran nutritionist Janis Jibrin, M.S., R.D., offers step-by-step portion- and meal-planning instructions, including a wide variety of quick and easy breakfast, lunch, and dinner recipes to help you meet your weight-loss and health goals.Â She shares her deep knowledge of the science behind the healthiest diet on the planet, deftly explaining the amazing potential benefits of eating the pescetarian wayâ "including whittling your waist, reducing chronic inflammation, preventing arterial plaque, and possibly warding off Alzheimerâ "TM's. She also breaks down the latest information about mercury, overfishing, and the environmental impact of your ingredient choices. Â With Chef Sidra Formanâ "TM's expert guidance, youâ "TMll become confident in the kitchenâ "fish and other types of seafood are much easier to prepare (and much harder to mess up!) than you may think. And the mouthwatering recipes and photosâ "including Broiled Trout with Preserved Lemon and Thyme, Grilled Shrimp with Peach BBQ Sauce, Roasted Chick Pea Snacks, Blueberries Baked with Sweet Cream, and Chocolate Cupcakes with Mint Icingâ "give you options the whole family will love. Â Quite Possibly the Healthiest Eating Style on the Planet! Â On the Pescetarian Diet you will: â ¢ See inches around the waist disappear â ¢ Feel more active and productive â ¢ Fill your plate with the best, most nutritious food â ¢ Stop counting caloriesâ "itâ "TM's all in the portions â ¢ Go at your own pace: start slowly or dive right in â ¢ Really enjoy your food and its many benefitsPraise for The Pescetarian Plan Â â œThe [recipes] in this book are designed to leverage both science and satisfaction.â •â "The Washington Postâ œInformative and inspiring . . . [includes] 100 approachable recipes.â •â "Publishers Weeklyâ œGreat for your overall health, longevity, and waistline!â •â "Bob Greene, author of The Best Life Diet Â â œThis life-changing diet will help improve your health and longevity. The easy-to-follow recipes and step-by-step instructions make adopting the plan simple and delicious. It is a must-read if you are committed to embracing a healthier lifestyle.â •â "Rebecca Reeves, Dr.P.H., former president of the Academy of Nutrition and Dietetics Â â œBetter sex through diet? Yes! In addition to weight loss and brain and heart health,

that's one of the impressive benefits of this vegetarian-plus-seafood diet. Furthermore, it's well-researched, approachable, sustainable, and delicious! "Brandi Koskie, director of publishing at DietsInReview.com

## Book Information

Hardcover: 384 pages

Publisher: Ballantine Books (March 11, 2014)

Language: English

ISBN-10: 0345547160

ISBN-13: 978-0345547163

Product Dimensions: 6.4 x 1.2 x 9.5 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars (See all reviews) (22 customer reviews)

Best Sellers Rank: #140,200 in Books (See Top 100 in Books) #33 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood #138 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #216 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

This book has some great information. I have been studying nutrition on my own for years and I agree with the authors position that a diet high in seafood and vegetables (high Omega-3) is one of the healthiest ways to eat. She provides a lot of detail on why this plan is so healthy without getting overly technical. She addresses issues such as concerns over mercury and consumption of dairy. She tries to use sustainable, high omega 3 options for her recipes as well. The recipes look amazing. I actually contacted the author before I purchased this book because I have a wheat allergy and I was not sure if that would keep me from enjoying the plan. She was very quick to respond and helpful and I found that there is a lot in the book that is wheat free and a lot more that can be adjusted. I recently moved to the ocean, so now I am looking forward to being able to take advantage of the fresh seafood here. This book will definitely help me and gave me some solid ideas for improving my health. Very well done and recommended

Having been told to give up meat I found this book very helpful. It was written for the layman and the information is easily understood. The recipes look interesting and make this new style of eating less daunting for me.

Janis Jibrin makes a convincing case for combining the eating habits of vegetarians with increased seafood consumption in this very informative and helpful book, which is part cookbook and part nutritional guide. She carefully takes you through the steps of transforming your shopping and eating habits in order to become a pescetarian to enjoy the benefits of weight loss and increased energy among others. Includes a nice selection of recipes, ranging from center of the plate entrees to snacks. You'll want to get on a first name basis with your local fishmonger after reading The Pescetarian Plan.

I really love the Pescetarian Plan. It is very clear, informative and motivating. The pictures are beautiful and the two recipes I have made (shrimp taco salad and chickpeas roasted with oregano) are delicious. I am looking forward to using her exchange program for losing the last few lbs. She has 4 different exchanges, 1500 cal. 1800 cal, 2100 cal and 2500 cal. Very clear and easy to follow. An excellent book.

My cardiologist told me that to reverse my moderate blockages I should eat a vegetarian + fish diet without providing any detail. This book provides all the detail and it is so much easier for me to stick with than Ornish or Pritikin.

Janis Jibrin's The Pescetarian Plan will have you thinking of a different way to eat better and still enjoy food. I haven't been a very healthy eater, despite giving up mammals in 1998 and all meats in 2005 until I added back in fish and seafood in August 2013. I was more carb-ivore than vegetarian and then pescetarian. But this book makes me excited to be a pescetarian. With Jibrin's dietitian background and scientific research to back up her claims, she has crafted a basic way for people to eat more healthy, whether their intentions are to lose weight or maintain weight or just feel better about themselves. The steps are clear and understandable, and I love that you don't have to do everything at once. It's an ongoing process. The book also comes with tons of recipes created by Sidra Forman that I'm eager to try out as well as a section on how to cook fish for the cooking challenged. Jibrin also wrote a section on fishing and its impact to the environment, so the reader can find the best fish for them and the Earth. I highly recommend The Pescetarian Plan by Janis Jibrin and will continue to use this book in the future.

The author clearly explains the benefits of following a pescetarian diet and backs it up with the

science to support it. The recipes are delicious and easy to make. I recently came off a weight loss regimen and was worried that it would be difficult to maintain my new weight. Following the helpful advice in this book/cookbook has really helped me.

If you want to get healthy and lose weight this is the optimal diet. Well written and researched. Recipes are top notch. I love this book. Thank you!

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