



The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food

Janis Jibrin, Sidra Forman

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With more than 100 mouthwatering recipes, switching to a vegetable- and seafood-based diet has never been easier, healthier—or more delicious!

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 Plan*—a delicious, easy-to-follow, one-of-a-kind program for weight loss and optimal physical and mental well-being.

Inspired by the traditional Mediterranean way of eating (“pesce” is the Italian word for “fish,” and “pesca” is Spanish for “fishing,” thus the alternate spelling “pescatarian”), 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. 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 way—including whittling your waist, reducing chronic inflammation, preventing arterial plaque, and possibly warding off Alzheimer’s. She also breaks down the latest information about mercury, overfishing, and the environmental impact of your ingredient choices.

With Chef Sidra Forman’s expert guidance, you’ll become confident in the kitchen—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 photos—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 Icing—give you options the whole family will love.

Quite Possibly the Healthiest Eating Style on the Planet!

On the Pescetarian Diet you will:

- See inches around the waist disappear
- Feel more active and productive
- Fill your plate with the best, most nutritious food
- Stop counting calories—it’s all in the portions
- Go at your own pace: start slowly or dive right in
- Really enjoy your food and its many benefits

Praise for *The Pescetarian Plan*

“The [recipes] in this book are designed to leverage both science and satisfaction.”—*The Washington Post*

“Informative and inspiring . . . [includes] 100 approachable recipes.”—*Publishers Weekly*

“Great for your overall health, longevity, and waistline!”—**Bob Greene, author of *The Best Life Diet***

“This 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.”—**Rebecca Reeves, Dr.P.H., former president of the Academy of Nutrition and Dietetics**

“Better 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**

From the Hardcover edition.

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Phillip Vargas:

Nowadays reading books be a little more than want or need but also get a life style. This reading behavior give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book which improve your knowledge and information. The knowledge you get based on what kind of publication you read, if you want send more knowledge just go with training books but if you want sense happy read one with theme for entertaining including comic or novel. Often the The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food is kind of book which is giving the reader unpredictable experience.

James Butler:

Is it you who having spare time and then spend it whole day through watching television programs or just lying on the bed? Do you need something new? This The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food can be the response, oh how comes? A book you know. You are consequently out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these ebooks have than the others?

Ann Reiter:

With this era which is the greater man or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple strategy to have that. What you have to do is just spending your time almost no but quite enough to have a look at some books. One of the books in the top collection in your reading list is actually The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food. This book that is certainly qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking upward and review this e-book you can get many advantages.

Leah Humphries:

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