



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**

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From reader reviews:

Luz Davis:

As people who live in the modest era should be upgrade about what going on or info even knowledge to make them keep up with the era which can be always change and move ahead. Some of you maybe will certainly update themselves by looking at books. It is a good choice to suit your needs but the problems coming to anyone is you don't know what one you should start with. This The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

Margaretta Lee:

Now a day those who Living in the era just where everything reachable by connect with the internet and the resources in it can be true or not require people to be aware of each info they get. How individuals to be smart in having any information nowadays? Of course the correct answer is reading a book. Looking at a book can help people out of this uncertainty Information especially this The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food book because book offers you rich facts and knowledge. Of course the info in this book hundred % guarantees there is no doubt in it you may already know.

Richard Kitterman:

Your reading sixth sense will not betray anyone, why because this The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food publication written by well-known writer whose to say well how to make book that could be understand by anyone who else read the book. Written throughout good manner for you, still dripping wet every ideas and producing skill only for eliminate your hunger then you still question The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food as good book not simply by the cover but also from the content. This is one publication that can break don't evaluate book by its cover, so do you still needing an additional sixth sense to pick this particular!?! Oh come on your studying sixth sense already told you so why you have to listening to another sixth sense.

Clyde Traynor:

The book untitled The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food contain a lot of information on the idea. The writer explains the woman idea with easy method. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read it. The book was written by famous author. The author provides you in the new period of literary works. You can actually read this book because you can continue reading your smart phone, or device, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice read.

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