



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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Mark McCarver:

As people who live in the actual modest era should be update about what going on or facts even knowledge to make all of them keep up with the era which is always change and advance. Some of you maybe will probably update themselves by studying books. It is a good choice for yourself but the problems coming to you is you don't know which you should start with. This The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food is our recommendation to help you keep up with the world. Why, because book serves what you want and want in this era.

Lisa Marsh:

The knowledge that you get from The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food is the more deep you excavating the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to understand but The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food giving you excitement feeling of reading. The article author conveys their point in specific way that can be understood through anyone who read the item because the author of this publication is well-known enough. This specific book also makes your current vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this specific The Pescetarian Plan: The Vegetarian + Seafood Way to Lose Weight and Love Your Food instantly.

Patrick Richards:

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