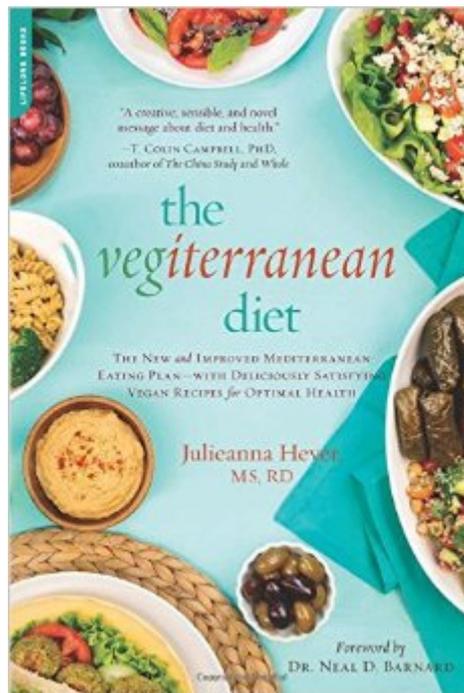


The book was found

The Vegiterranean Diet: The New And Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes For Optimal Health



Synopsis

The Mediterranean diet has been the gold standard dietary pattern for decades, and with good reason: it has been linked with lowered risks of cardiovascular disease, cancer, diabetes, and Alzheimer's. Now, Julieanna Hever takes the Med to a whole new level! By focusing on whole-plant foods that promote long-term wellness and ideal weight management, you can reap the benefits of the most researched and beloved diet—made even healthier. The Vegiterranean Diet offers: comprehensive nutrition info shopping lists with everyday ingredients more than 40 delicious, budget-friendly recipes flexible meal plans (great for families, too!) strategies for overall health

Book Information

Paperback: 288 pages

Publisher: Da Capo Lifelong Books (December 23, 2014)

Language: English

ISBN-10: 0738217891

ISBN-13: 978-0738217895

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (57 customer reviews)

Best Sellers Rank: #171,963 in Books (See Top 100 in Books) #157 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian](#) #204 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #341 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

Customer Reviews

I recv'd my copy of The Vegiterranean Diet yesterday, and it's already had an impact. Ms Hever provides all of the components of veganism that matter to me: why this decision is of merit, how to involve yourself with others who share values of loving kindness and compassion towards all sentient beings, the REAL value of following a Mediterranean Diet - it's not about olive oil, it's about the time-tested (reaching back thousands of years) ways to health (activity, eating truly nourishing foods, finding support, giving back to the community). It's not about drinking red wine, eating fish. It's about packing your meals with fresh vegetables, fruits, nuts, beans - REAL food as opposed to trendy, highly-processed soy stuff, vegan cheese (I don't know HOW those companies get away with calling that orange stuff "cheese"), "meat replacements" - it's like a breath of heady, spicy Mediterranean air. Her writing draws you in from the first page. This book is so informative, so

gentle in its approach, so well thought-out and put together. I became a vegan earlier this year. I have read a cornucopia of books on diet and health, nutrition, veganism, vegetarianism, visited FB sites for vegans, animal rights activists/advocacy groups, etc. and found a LOT of mostly conflicting, even contradictory, reasoning and research, lots of inflammatory posts, lots of judgment and rhetoric and fear and misinformation - a glut of emotional flotsam and jetsam mixed in with a few sincere individuals who simply understand that what we eat has an effect on us, our planet, and everything that lives on it and are still a bit confused about how to eat healthfully. Ms Hever approaches this subject with a wealth of personal experience and skill.

I love Julieanna Hever's clever, succinct writing style and common sense approach to healthy living and eating. This book brings the newest scientific evidence about optimal health to a tried and true lifestyle and way of eating. Hever explains how the Vegiterranean diet is about so much more than just taking the meat out of the traditional Mediterranean diet; it's about taking the most solid research and information we have about vitality and longevity and incorporating its tenets into an enjoyable and delicious way to eat and live. All information is referenced with full citations of the published studies. This book explains the history of the Mediterranean diet and neatly ties it into its modern day applications (including common myths that just won't die). As a dietitian who already eats plant-based, I have to say I learned a lot from this book, not just facts but new ways of thinking about food and plant-based nutrition. As a foodie, I was excited about Hever's recipes. Last night I made 3 of them. First, I tried the Savory Sprinkles (a simple but brilliant combination of sundried tomatoes, hemp seeds, nutritional yeast, and sesame seeds), which I stirred into my hummus at lunch today, and WOW it is terrific! I added a bit of sea salt and it's perfect. I plan to sprinkle it on my roasted eggplant tonight. I also made the Sunrise Kale Chips, because I've been searching for a recipe that doesn't require a dehydrator and that yields CRISPY kale - this is it! And the kale is delicious. Even my 4-year-old daughter loved it. Finally, I baked the carrot muffins, which are gluten free and oil free (I admit, I freely use wheat flour and oil in baking), and honestly are amazing. Both my kids loved them toasted and spread with almond butter.

[Download to continue reading...](#)

The Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes for Optimal Health
Vegan: 100 Delicious Recipes For The Beginner
Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) Top 200
Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy

Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) The Oldways 4-Week Mediterranean Diet Menu Plan: Make Every Day Mediterranean Healing the Vegan Way: Plant-Based Eating for Optimal Health and Wellness Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success The Mediterranean Table: Simple Recipes for Healthy Living on the Mediterranean Diet BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) Vegan Mexico: Soul-Satisfying Regional Recipes from Tamales to Tostadas DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes La Paella: Deliciously Authentic Rice Dishes from Spain's Mediterranean Coast The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes)

[Dmca](#)