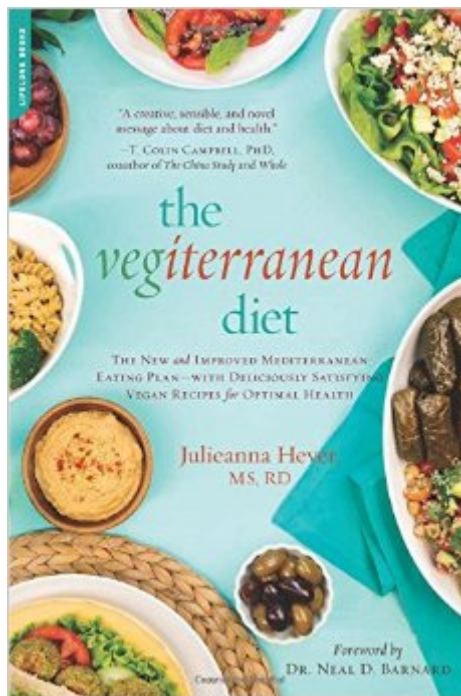


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# The Vegiterranean Diet: The New And Improved Mediterranean Eating Plan--with Deliciously Satisfying Vegan Recipes For Optimal Health



## 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

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## 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.

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