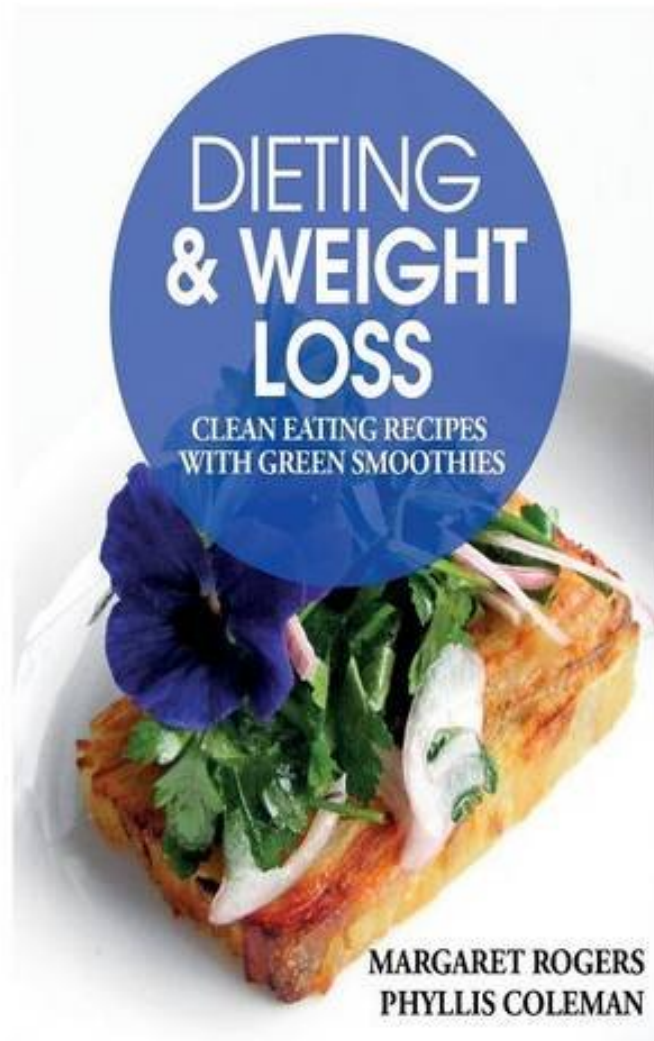


(Mobile book) Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies

Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies

Margaret Rogers, Coleman Phyllis
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Margaret Rogers, Coleman Phyllis : Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies before purchasing it in order to gage whether or not it would be worth my time, and all praised Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies:

0 of 0 people found the following review helpful. I have always loved learning about healthy eating and am always fascinated at ...By Patience2016I have always loved learning about healthy eating and am always fascinated at how

people from all over the world enjoy different kinds of foods. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorders such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people. Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods. If you have never heard of the Mediterranean diet, it probably is time you Google it and learn because you will love it. Mediterranean diet incorporates the basics of healthy eating. Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. While these parts of a healthy diet are tried-and-true, subtle variations or differences in proportions of certain foods may make a difference in your risk of heart disease. Benefits of the Mediterranean diet I read an article online that stated that, "Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. The diet has been associated with a lower level of oxidized low-density lipoprotein (LDL) cholesterol—the "bad" cholesterol that's more likely to build up deposits in your arteries. In fact, a meta-analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of cardiovascular mortality as well as overall mortality." Armed with this information, it seems like an awesome way of eating for all age groups and a healthy way of daily eating instead of going on diets. An article I found online gave the information below as a guide for Mediterranean diet. I hope you find it helpful.

- Eat your veggies and fruits—and switch to whole grains. An abundance and variety of plant foods should make up the majority of your meals. Strive for seven to 10 servings a day of veggies and fruits. Switch to whole-grain bread and cereal, and begin to eat more whole-grain rice and pasta products.
- Go nuts. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try tahini (blended sesame seeds) as a dip or spread for bread.
- Pass on the butter. Try olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Or try tahini as a dip or spread.
- Spice it up. Herbs and spices make food tasty and are also rich in health-promoting substances. Season your meals with herbs and spices rather than salt.
- Go fish. Eat fish once or twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid fried fish, unless it's sautéed in a small amount of canola oil.
- Rein in the red meat. Substitute fish and poultry for red meat. When eaten, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat meats.
- Choose low-fat dairy. Limit higher fat dairy products such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.
- Raise a glass to healthy eating. If it's OK with your doctor, have a glass of wine at dinner. If you don't drink alcohol, you don't need to start. Drinking purple grape juice may be an alternative to wine.

I received this book for free in place of an honest review. 1 of 1 people found the following review helpful. **Dieting Weightloss: A Great Little Read** By T. I am in the process of transitioning from an unhealthy lifestyle to one that is greener, healthier and just all around better for my family. So, when the opportunity to read the online version of this book for free presented itself, in exchange for my honest opinion, I didn't want to pass it up. This book is an easy read; it's clear and gets right to the point without a lot of jargon that often makes this kind of book dull. The introduction gives a great explanation of what clean eating is and how to start to wean yourself off of junk foods. I liked the fact that the reader is encouraged to remove junk foods from their diet over a three-week period instead of going cold turkey. Chapters 1-2 Chapters one and two are full of easy to understand information about clean eating and how to manage a clean diet. The reader will find out how and why processed foods have such an adverse effect on their bodies, as well as how to implement changes that will make transitioning to a clean lifestyle smoother. Chapters 3-4 These two chapters—breakdown things such as flour, rice, and sugars so that you can understand what their effects are on your body. You will also find alternative lists of grains, and sugars to replace the ones that you currently use. There are options for cleaner meats: vegetables, fruits, and condiments, as well as lists of items that you can swap in exchange for your routine purchases. Chapter 5 Chapter 5 is a sample planner that it is chocked full of delicious recipes that span breakfast: lunch, dinner, desserts, and beverages. There are so many choices that even the pickiest eater will be able to find something they will enjoy. One of the best parts about this clean eating plan is that you do not have to shop at high-end supermarkets or specialty stores to get the ingredients. Chapters 6-12 Chapters 6-12 are crammed full of recipes; every chapter is broken down into meals. Chapters 6-11 give you recipes for breakfast, lunch, dinner and side dishes. Chapter 12 finishes off the clean eating plan with 80 delicious lemonade and smoothie recipes. Chapter 2 Section 2 discusses the Green Smoothie Diet, in this section, you will learn about two different ways to use smoothies to help you lose weight and get on track to a cleaner and healthier lifestyle. You will also find information on the disadvantages of buying premade powders and fruit mixes for smoothies, as well as a 5-day sample menu of the Green

Smoothie Diet. The sample menu covers breakfast, lunch, and dinner as well as snacks. *Dieting and Weightloss* is a great little book for those just beginning their clean eating journey. The first few chapters are slightly repetitive in content, and most of the other chapters are recipes, but this book is an excellent way to become familiar with an insightful and informative, clean eating plan. If you are looking for a book that offers clear and helpful information about transitioning to a clean living diet, then this is the book for you. As stated above, I received this book for free in return for my honest opinion; all the above opinions are my own. 1 of 1 people found the following review helpful. In fact they provide the reader with alternatives to some of the more processed things we eat every day like, flour and sugar. By Hope A. This book, *Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies* Kindle Edition by Margaret Rogers and Coleman Phyllis provides the reader with healthy alternatives to some of the readers food options. When I first obtained the book, I was a little iffy about it. I thought that the authors were going to press for a all liquid diet, and who likes that? However, the first few sections of the book talk about how to make healthy choices. In fact they provide the reader with alternatives to some of the more processed things we eat every day like, flour and sugar. The books smoothie section I felt had the best idea. The recipes were designed to hide the healthy. They combine fruit with things like: spinach, flax seed, ginger, and kale. This gives the health benefits plus taste benefits. Win win! Margaret Rogers and Coleman Phyllis also provided recipes for items like peanut butter cookies and pancakes, I truly appreciated this in a diet book. If you are using this a the kindle version it is easy to skip from recipe to recipe, but the design of the book also divides into chapters including, snacks and breakfast. This lets the reader find the right fit for what they are looking for. Overall I still have to give this book a 4 out of 5 stars. As some other reviews has posed, I want a cook book to have pictures. I also felt like several of the recipes, although every easy to understand and create, were rather bland. However, that may just be my taste, and its nothing that a little more seasoning can't fix. The book is well organized, easy to understand, and provides alternatives to several recipes that I have a much unhealthier version. I look forward to making more recipes.

Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies *Dieting and Weight Loss* is about two different diet plans, the Clean Eating Diet and the Green Smoothie Diet. Each of these diet plans work to help us become healthier through the foods we eat. If you are going to change your lifestyle to a healthier one then *Diet Wise* is the perfect place to start. If you have been on a junk food craze you will want to cleanse the body of the impurities consumed by eating the Clean Eating Diet. The Green Smoothie Diet is a perfect addition to a body cleanse and a great way to start the lifestyle change.

About the Author Co author of: "*Dieting and Weight Loss: Clean Eating Recipes with Green Smoothies*".