

**IDIOT'S
GUIDES**
AS EASY AS IT GETS!

"An authoritative distillation of what's important and what's not in human nutrition. For anyone interested in how and why plants can change your life, this is a must read."

—David Sinclair, Ph.D.,
Professor Harvard Medical School

Plant-Based Nutrition

SECOND EDITION

Over 45 delicious
whole-food recipes

Sample menu plans to
get you started

Tips for boosting the
nutritional content of
your favorite dishes

Julieanna Hever, MS, RD, CPT and Raymond J. Cronise

Julieanna Hever M.S. R.D. and
Plant-Based Nutrition, 2E (Idiot's Guides)



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Whether you're vegan, vegetarian, or omnivore, getting the nutrition from plant-based foods is among the best actions you can take for your wellness—and it's easier than you might think! New perspectives about macronutrients, and why categorizing protein, carbs, and fats as food organizations causes unnecessary confusion about what to eat. The most recent science about oxidative priority and how it explains why many common dishes drive unintentional weight gain. Healthspan and longevity recommendations based on the latest research. All new dishes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier. The research confirms that a diet abundant with whole, plant-based foods can help your body thrive. An abundance of information in the most nutrient-dense foods in the plant kingdom. In this new edition, leading plant-structured dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet plan, including: Actually, an increasing number of physicians advocate a totally plant-based diet for most of their patients who suffer from diabetes, cardiovascular disease, and cancer. Sample menus to truly get you started in a plant-based lifestyle. Tips for stocking your kitchen, boosting the nutritional content material of your favorite dishes, and eating out healthfully. A new Food Triangle, representing a completely new way of searching at food and nutrition.



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The Authors Helped Me personally Lose 150 LBS The info in this book literally changed (and saved) my life. I am actually excited to start out pouring through them and selecting different ones to try. By following their recommendations I lost 149 pounds in just 8 weeks. I started at 364 on April 10, 2017, and reached 215 on December 10. At 6'7" high I am at a wholesome weight for the first time in decades. It's ok but not what We expected. Whether you want the research to convince you, or you merely want to find out what things to eat and steps to make it flavor delicious, it really is all here. after switching and also have been capable to keep it off). My salt, glucose, and oil cravings are also gone. I now consume food that I not merely love but that totally nourishes and energize me. With this reserve, Ray and Julieanna have provided all of the information you need to help to make your own transformation. I desire I had this reserve when I started. love the information easy to understand Important info for new or uninformed vegans. My doctor was stunned by the outcomes of my last bloodstream panels – everything at optimal levels. If you read this reserve and apply it to your lifestyle you will experience the amazing gift of health. I right now wake up happy and energetic, understanding I likely have a lot more years to spend upon this planet. In case you are struggling with your health his could be the most significant book you ever go through. I was morbidly obese and now I'm thin – thin is infinitely better. Improperly formatted for Kindle simply by the publisher That is a well-written book that deserves 5 stars, but I can't give it 5 stars because the publisher didn't properly format it for Kindle. What emerges out of this book can be an impressive overview on how best to live a healthy, plant-based way of life. Julieanna and Ray articulately construct the case for why you should change the way you eat. I'm disappointed Amazon let this slide through the cracks. This book revolutionized my relationship with food! It is by far among the best I've go through out of the dozen or therefore Not long ago i purchased along the topic of nutrition. Resourceful I am not used to veganism. As an enthusiastic meats eater, I wouldn't have believed the cravings would fade and I now appreciate my plant-based meals just as much as any other meal before. I ordered the second edition of the publication not expecting there to be too much which has changed, but since it has been so impactful on my entire life, I knew I needed to obtain it. I am blown away by how more content is in this reserve. I used this book for the quality recipes and compared every small nutrient and where it must be derived when looking at multi vitamin supplements. It's shocking how much more evidence is out there now about how eating plant-based is the best way to increase your lifespan versus a decade ago. Julieanna and Ray did an excellent job of offering everyone the research while keeping it simple enough that even I could examine and understand it. This book has a lot of good information Wish it were more useful. Their information on metabolism, oxidative priority, and maximizing health period are amazing. They broke the reserve up into four sections. The first component gives all the evidence as to why it is certainly better to eat a complete food, plant-based diet. The next part discusses how to live a plant-centered life. The 3rd section targets how children, athletes, older people should consume. There's also information regarding losing weight. Except maybe for detailed molecular procedures, I'm thinking this publication has about everything that one needs to find out about a plant structured diet. The part of the book that basically blew my mind was how they brought to light our misconceptions about the macronutrients: proteins, carbohydrates, and fats. We frequently think of certain foods as being proteins (beef) and others as carbs (white potatoes). But if you eat the same number of calories of white potatoes as 90% lean beef, you truly get a higher amino acid profile from the white potatoes. That is pretty great, because diet is confusing and even though I'm no idiot, the research of

what I need to eat is obviously explained to me. I am also really worked up about the dishes section. Again, I thought that was just likely to be the recipes that were in the initial edition, but there are tons of new ones here. I worked straight with Ray Cronise and Julieanna Hever and their JustSides online plan. One of the key parts of the reserve is a list of recipes. None of these were entered/formatted properly by the publisher so the ingredient lists overlap the instructions. And then they consider you step-by-step on how you can apply this into your very own life. Quite simply, most literate people can read and understand the principles presented. Thank you. They don't state that it's an easy journey, but it's one that is worth it. Protein is in reality needed in smaller amounts than most of us think, and since all living items are made up of proteins, we don't have to get worried about becoming proteins deficient on a plant-based diet plan. I would recommend. I'm a scientific hypnotherapist, so I know very well what happens when people are told that they are overweight because they're gluttonous sloths. This publication presents the info in a palatable method that releases folk from guilt while inciting them toward acquiring responsibility for their own health.³) Even for anyone who has been studying and practicing (mostly) a plant-based regimen, I learned new stuff! I really like learning new stuff, particularly when it is based on science sources that I can trust. This book is joining my set of must-read resources for my clients who have a problem with weight and nutrition issues. A Good Resource There are many things that I appreciate approximately Hever's and Cronise's book:¹) It's written for each body. Three Stars It's OK Great book Great book to truly get you started about a complete food, plant based lifestyle. My life has completely transformed since I switched to plant-based, and I owe a lot of it to that initial edition (I lost 60 lbs. This book totally revolutionized the way I look it meals. Combined with the weight loss, I also cured my high blood pressure (no more meds), acid reflux disorder and sleep apnea. Explains a lot of fine detail that I came across to end up being conflicting with additional information There is (specifically in regards to to eating grains --- bad for those who have inflammatory problems). Not For Idiots This is actually the 1st book I've read in the 'Idiot's Guidebook' series, and was very impressed! When I first switched to eating plant-based, the first edition of the book was my go-to instruction on how to eat. Although I may become an idiot, I can't stand that fact getting broadcast on the cover of the publication I'm reading, especially if reading in public! And the last section provides great tips for eating out, what you should share your pantry with, and a lot of recipes. I would recommend this book. It is easy to understand and covers every aspect you need for successful pounds loss and health recovery. I personally would have preferred recipes more focused on veg. and fruit but great healthy recipes anyway, not filled with oil and sugar.²) It's non-judgmental. this book. Phenomenal comprehensive book in nutrition and plant eating. I read Penn Gillette's reserve on the potato diet plan and knew that there is a whole chapter missing on proper nourishment via plant based dieting. This publication is certainly amazing. Julieanna and Ray place lots of time and work into revising and editing this edition. With the help of this book, I've helped my mom lose over 15 lbs and helped her develop a new eating style that fits her best. I've always bought books such as this for reference but never have I read them cover to cover before. I held reopening it to revisit the nutrition and vitamin supplements like proper b12 intake and DHA sources that avoid mercury.



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