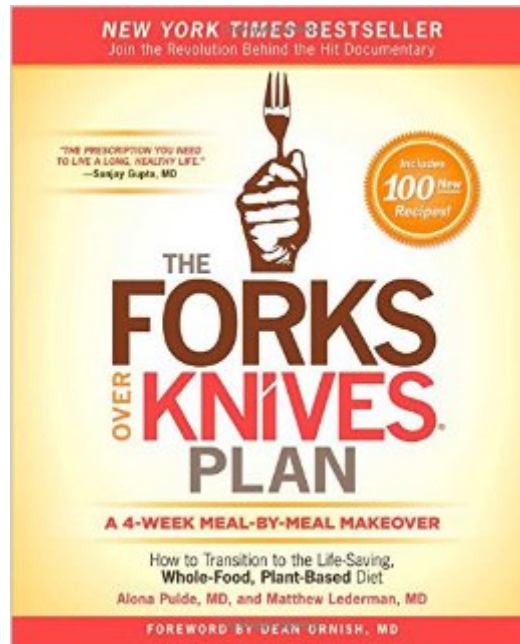


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# The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet



## Synopsis

The latest in the bestselling Forks Over Knives franchiseâa 28-day guide to transitioning to a delicious whole-foods, plant-based diet. The trailblazing film Forks Over Knives helped spark a medical and nutritional revolution. Backed by scientific research, the filmâs doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat, dairy, and highly refined foods off the plate, and adopting a whole-food, plant-based diet insteadâand people listened. Now, for the first time, The Forks Over Knives Plan shows you how to put this life-saving (and delicious) diet into practice in your own life. This easy-to-follow, meal-by-meal makeover is the approach Doctors Alona Pulde and Matthew Lederman (featured in the documentary) use every day in their nutritional health practiceâa clear, simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium. Week 1 youâll begin with breakfast and learn how to stock your refrigerator to help support this new way of eating. Week 2 youâll move on to lunch and learn the basics of meal planning to keep yourself on track. Week 3 youâll reimagine dinner and find out how to combat cravings. Week 4 youâll master all the tricks and tips youâll need for the long haul, including how to eat on the go and how to snack healthily. Youâll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, and advice throughout the book from people just like you. Find out why physicians, athletes, fitness professionals, and others all over the world are overhauling what they eatâand feeling better than even before. Whether youâre already a convert and just want a dietary reboot, or youâre trying a plant-based diet for the first time, The Forks Over Knives Plan makes it easier than ever to transition to this healthiest way of eatingâand to maintain it for life.

## Book Information

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## Customer Reviews

Out of this book's 336 pages, the 2-page Forward, and the first 140 pages of the book are the core of the book - and what an astounding, invaluable and revelatory core! The fact that Brian Wendel, the Executive Producer of the excellent DVD entitled FORKS OVER KNIVES (FOK), contributed to the content of THE FORKS OVER KNIVES PLAN, is a resounding "Good Nutrition" seal of approval to recommend this book. Dr. Colin Campbell, and Dr. Caldwell Esselstyn, basically provided us with the key concepts in the FORKS OVER KNIVES DVD, but Drs. Alona Pulde and Matthew Lederman, really fleshed out their basic concepts with reams of astonishing additional detail, such as debunking the glycemic index, or "The Incomplete Protein Myth," for starters - this is terrific content. If there is a Pulitzer Prize category for "personal quotes" included in a book, then most of the personal quotes included in this book are of Pulitzer Prize caliber - one after another, they include great insights and observations, well stated. This is not a "once and done" book, because most everyone will probably be repeatedly referring to those initial, and transforming 140 pages from time to time, until they become intuitive. This book's 146 pages of recipes are, compared to this book's first 140 pages, fluff - but you want to know what? I expect I will be frequently referring to these convenient recipes, because I will also be frequently referencing the content of the first 140 pages of this book. Furthermore, I always enjoy the introductory comments to each recipe by a recipe's author, a nice and informative touch not frequently found in recipe books - I have already read all of these introductory observations.

The Forks Over Knives Plan is user-friendly, flexible, and a fairly easy transition into better health and diet plan. It covers four weeks, starting with changing breakfasts, then lunches, then dinners, and then a comprehensive review of the change. The focus is fully on plants and this diet differs from others in that all oils are removed (even for cooking) and fish is also off the plate. It is a bit different than a lot of the health plans out there, eschewing any kind of nutritional supplement (e.g., calcium or fish oil) and not putting a limit or portion size on meals. The book breaks down as follows: Part 1 Eating the forks over knives way: What is the forks over knives plan, Let food be thy medicine; The forks over knives lifestyle. Part II Welcome to your four week transition; Week one Breakfast, Week two Lunch, Week three dinner, Week four fine tuning your lifestyle; conclusion you

are on your way. Part III The recipes: Breakfast; Wraps, burgers; Side dishes and salads; soups and stews; casseroles; Pasta and noodles; Amazing grains; Sauces, dressings; Desserts.

Acknowledgement, Resources, Notes Index. I've read quite a few of the latest health/nutrition/diet books and this does take a few stances that others don't. For one, any kind of oil, including olive or flaxseed, is not used. Meals are sauteed using a water method rather than the oils and salads don't use oil as an ingredient in dressings. Fish is also off the menu as it is an animal and this is pretty much a vegan diet. That means chicken stock will also not be used as a soup base. Plant milk is pretty much the standard in a lot of recipes as well. The book is pleasantly laid out using color and fonts to differentiate recipe parts/callouts/tips/testimonials.

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