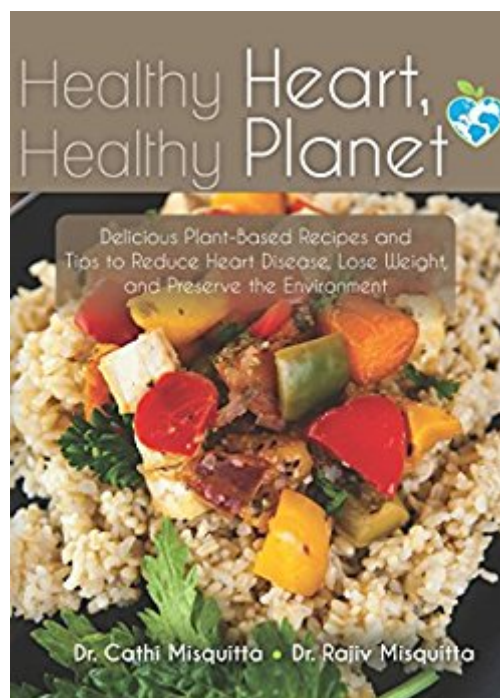




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# Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes And Tips To Reduce Heart Disease, Lose Weight, And Preserve The Environment



## Synopsis

After a heart attack scare at the age of forty, physician Rajiv Misquitta and his pharmacist wife, Cathi, set out to find ways to change their lifestyle to ensure they lived long enough to see their children grow up. Learning that roughly six hundred thousand people in the United States die annually from heart disease, Rajiv researched the medical literature and discovered that a low-fat vegan diet can actually reverse heart disease as well as help people lose weight – not to mention have a positive impact on the ecosystem. Finding existing vegetarian and vegan cookbooks less than satisfying, Cathi developed her own vegan recipes. Compiled and presented here is a bountiful collection of more than one hundred heart-healthy, eco-friendly, everyday vegan recipes for breakfast, lunch, dinner – and even snacks. Inspired by cuisines from around the world, the recipes include plenty of protein-rich grains and legumes as well as seasonal variations for a balanced diet that’s in tune with nature. In addition, the book provides advice on transitioning to a vegan lifestyle, and each chapter offers an eco-friendly kitchen tip. And with weekly sample menus and grocery lists, *Healthy Heart, Healthy Planet* delivers both inspiration and empowerment for anyone who desires to live a healthy life and ensure a healthy planet.

## Book Information

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## Customer Reviews

This book is more than just a cookbook. As someone who has heart disease in the family, this really resonated. Four things that stand out: (1) The author actually experienced heart disease prior to this book. (2) The book was inspired by real research on reversing and preventing heart disease. (3) The diet was implemented by the author, who is also a medical doctor, and his father, both heart patients, and they saw dramatic changes, reversal of heart disease, and overall excellent health (4) The recipes are actually fast, easy to cook, and are savory, yes, savory, especially for being healthy! The authors also provide a shopping list and a calendar to organize meal preparation. I was pleasantly surprised to see the diverse recipes which I found quick to prepare. I love the hummus recipe which has quickly become my family favorite. The butternut squash soup was also impossibly creamy and delicious. The Cauliflower Curry has also become one of my favorites. I bought this book for everyone I know who is suffering from heart disease. But I also went one step further. I bought this book as a gift for the ones I care about the most so they can prevent heart disease for the ones they love.

This is an outstanding, easy to read book of recipes and advice for anyone who is looking to live a healthier lifestyle by adopting a more plant based diet. I like one of the authors am also a physician, and personally became a vegetarian a little over a decade ago, motivated not only by the health benefits of a vegetarian diet (and the toll of a high fat high protein meat/animal protein based diet I observed on my patient's health) but moral objection to the inhumane factory farming of animals in our country, and the extraordinary toll of meat and livestock production on finite water and other environmental resources. But even if you are not willing to give up meat altogether, the easy to read and follow and simple recipes will have you going meatless several days a week in no time. I am not much of a cook, so was relieved that most of the recipe instructions were only a few sentences long, and written in straightforward english (no fancy french cooking terms thank God!) And the ingredients are readily available at most grocery stores. For me this book may allow me to make the leap from vegetarianism to veganism-but even if you just want to take some baby steps towards a healthier lifestyle and include some variety and new healthy additions to your kitchen, you will enjoy this book. I have served several of these recipes to my non vegetarian friends who have really enjoyed them. The author was apparently motivated by his own personal experience with heart disease at a relatively early age. Don't wait for your own wake up call, and buy this excellent easy to use and very reasonably priced (especially the Kindle edition) cookbook today!

Changing habits is never easy and anything that breaks that change down into manageable bite sized steps is indispensable to success. What I like about this book is that it is so user friendly. The prose is clear and the narrative style engages both the heart and mind. The authors speak directly and authentically in plain and simple language about the rationale for eating healthier. The recipes in this book are practical and convenient, yet taken as a whole, the collection of recipes represent a colorful tapestry made up of enticing dishes from around the world. After reading this book, I was left with the feeling that I would not be bored with eating healthier and that yes- I can do this! This is the perfect book to give to loved ones, folks just starting their journey towards healthier eating, and busier people looking to spice up their meals while healing their heart and the planet.

As a health-conscious, "mostly vegetarian" (my spouse is a vegetarian, so our joint meals are vegetarian), I was touched by Dr. Misquitta's personal battle with heart disease, impressed by the scientific evidence supporting the health benefits of a plant based diet, and inspired to move towards a vegan diet by the tips and tools provided by the authors. The recipes are diverse, delicious, and easy to make. They encourage me to eat what is in season and to let the natural flavors of my fruits and veggies shine through. Thanks to Drs. Cathi and Rajiv Misquitta for creating a tasty path to better health for me and the environment.

This cookbook is the ultimate guide for starting on a path to plant-based, healthier eating. The recipes, menu planning, shopping lists and tips are extremely helpful. There is good variety and the instructions are easy to follow. As noted by the authors, some of these plant-based recipes were adapted from meat-based recipes. I can't wait to try the Curried Rice and Artichoke Salad made with garbanzo beans. My version was always made with chicken. I can see how this cookbook can be a springboard for adapting our old recipes to the plant-based lifestyle.

As a physician, I am so happy to read a book devoted to important lifestyle changes to prevent cardiovascular disease. My patients commonly ask me for the "magic bullet" or "magic pill" that will reverse the years of poor choices overnight. Until medical science makes a major advance, the multifaceted approach that the Misquittas promote IS the answer. My family will be slowly adding plant based meals to our eating plans. I hope this book will do so for other families as well.

I bought this book with an intent to change my diet after my brother recommended it. I appreciate

the author's review of the medical evidence supporting the diet and lifestyle changes this book advocates. I've been sticking to the diet for two weeks, and I've already lost a few pounds. The green enchilada casserole recipe was simple, flavorful, and filling. I also like the various breakfast smoothie recipes. It's amazing how unsustainable animal-based diets are. I admit, the book was enlightening. So far, so good. I'm excited to keep this up.

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