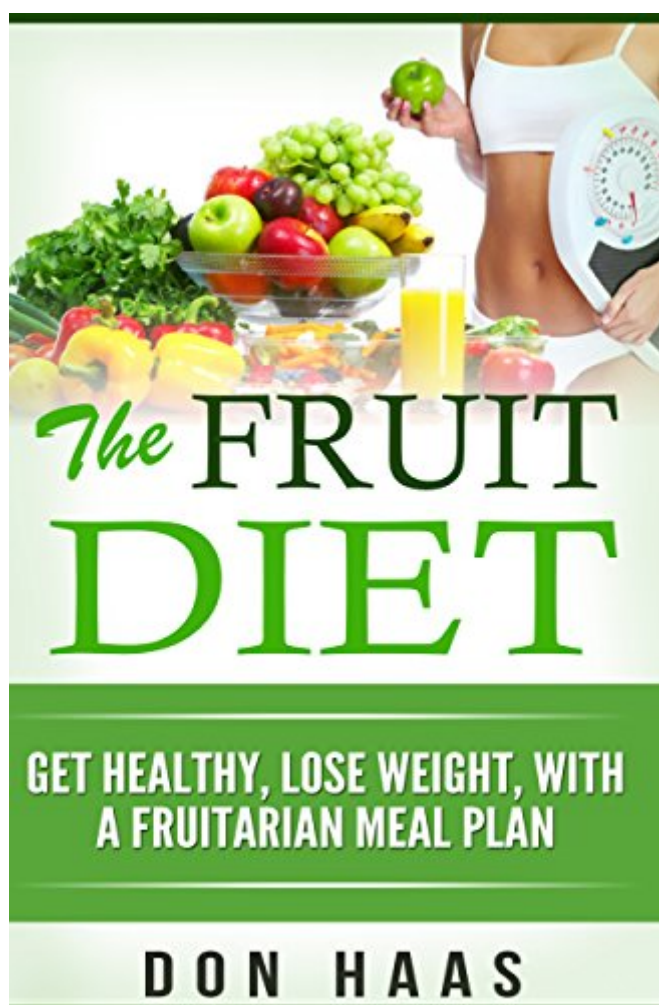


The book was found

The Fruit Diet: Get Healthy, Lose Weight, With A Fruitarian Meal Plan (Vegan Diet, Plant Based Whole Foods, High Carbohydrate, Low Fat,)



Synopsis

If you reading this chances are youâ™ve heard stories of these people called fruitarians who live and thrive on fruit. Or you may have found this through researching the many health benefits of a raw, whole food, plant based diet. No this is not another diet fad. Many throughout various cultures have made fruit the base of their calories. This is either through eating fruit exclusively or simply making fruit encompass the majority of their calories throughout the day. No matter your lifestyle everyone can learn and adopt some of these principles found in this book. The focus of this book is to educate the reader on the benefits of a vegan fruit based diet. This book will also serve as an excellent primer into the world of low fat, raw, high carbohydrate, vegan lifestyle. In this book you will learn:-A history of the fruit based Diet-The benefits to a fruitarian and vegan diet-Obstacles you may face in adopting to The Fruit Diet-Ways to transition into The Fruit Diet and special considerations-Why labeling yourself a fruitarian doesnâ™t mean you only eat fruit-Simple fruitarian recipes-Resources for further reading

Book Information

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Customer Reviews

This was such an eye-opening and educational book that immediately gripped my attention when I

saw it listed on . I love eating fruit, but never considered myself any kind of vegetarian or anything like that. But of late, I have put on a few too many pounds and sometimes feel lethargic. So I figured it was time I started changing my diet and getting myself more healthy. This book was truly a Godsend and exactly what I was looking for. It is packed full of so much information that it should be considered an educational health reference book, and not just a book or guide. Don Haas's writing style and research is very comprehensive and detailed, but extremely easy to follow & understand. He methodically gives a great overview of what a fruitarian diet is and consists of, and further explains all of the benefits of choosing this kind of daily diet change. He also does a great job of motivating you and giving you pointers & strategies of how not to drift off course or get discouraged as you try to consistently maintain this new lifestyle change. I must say that the recipes that he provides in the book are very tasty indeed! So far I have not made anything that I didn't like. I also like the fact that he includes other references in the book that will help you pick up where this book leaves off so you can expand your knowledge even further! If you are looking for a good nutrition-related or diet change resource then I highly recommend that you check out this book!

Good diet, explains how to eat each fruit and with what if appropriate. I've lost nearly 15 pounds in a month. I've always loved fruit and this just brings fruit front and center in my diet. I also enjoy some vegetables occasionally and this book encourages that.

I enjoyed this, but if I were recommending something along this line it would suggest the books by V. V. Vetrano or David Klein before this one, although, admittedly this is shorter and more direct.

As a vegan, I have been somewhat interested in learning about the fruitarian meal choices. I plan to try some of the fruit combinations.

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