

THE FLEXITARIAN DIET THE MOSTLY VEGETARIAN WAY TO LOSE WEIGHT BE HEALTHIER PREVENT DISEASE AND ADD YEARS TO YOUR LIFE BLATNER DAWN JACKSON%0A

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Flexitarianism allows you to get the health benefits of a vegetarian diet without giving up meat. Studies show that flexitarians weigh on average 15% less, have a lower rate of heart disease, diabetes and cancer and live nearly four years longer than their carnivorous counterparts.
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[Flexitarian Diet Review: Less Meat and Weight Loss? Nothing is off-limits, but the goal is to add more plant-based foods to your diet while cutting back on meat. The book has a short assessment of eating habits that will determine how you begin.](#)
[Flexitarian Diet: The Semi-Vegetarian Weight Loss Plan ...](#)
The diet became popular in 2009 when registered dietitian

Dawn Jackson Blatner wrote *The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to*

What Is the Flexitarian Diet? | The Dr. Oz Show

The plan is laid out in the book *The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life* by registered dietitian and nutritionist Dawn Jackson Blatner, and a vegan modification of the diet is the premise of Mark Bitman's book *VB6: Eat Vegan Before 6:00*

The Flexitarian Diet: What To Know | US News Best Diets

The term was coined more than a decade ago, and in her 2009 book, "*The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease and Add Years to Your Life*