



Eat to Live Cookbook: 50 Quick, Delicious and Eat to Live Compliant Recipes

Joe Flumar

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I would be willing to bet you money that there is not one single person on this entire planet – not even one person – who can say they are satisfied with their body. There may be a few people who claim otherwise, but the truth is there is undoubtedly one part of their body that they absolutely cannot stand. If you do know somebody who truly loves every part of their body, I would love to meet them. They are probably one of a kind.

The question is: why are people so dissatisfied with the body they were born with?

Many scientists believe that hating our bodies is just something that is in our genetic makeup. While you may blame your body on the environment or on your parents, the truth of the matter is that you can't help but hate your body.

So when did nutrition start coming into play in the lives of humans? Actually, centuries ago our ancestors first began noticing what kinds of food helped you to live longer and which ones were most likely to send you to the grave sooner. Back in ancient times our ancestors realized that the more elk and deer they consumed, the shorter life they would live while fruits and vegetables were most likely to help you live a much healthier and longer life.

Times have certainly changed, but not by that much.

While most humans now know the importance of eating correctly, a majority of the planet's population still eats garbage on a daily basis. If you are the type of person who is looking to lose weight and help yourself live a much healthier and longer life, it is time to consider going on a diet. But I am not just talking about any diet.

The perfect diet for you is called the Eat to Live Diet.

This diet works by having you cut down on certain food items such as pastas, sugars, oils and even bread. It is designed in such a way that it will help you lose weight and achieve the healthy body you may have always wanted, but didn't know how to get.

The creator of this diet, Doctor Joel Fuhrman, claims that by following his strict diet, you can lose up to 20 pounds in a matter of days. If this is true, it will depend solely on how dedicated you are to the diet and how badly you want to become healthy. Unlike most diets, this diet isn't just about losing weight. It is about helping you to improve your overall health while still keeping you feeling full for a longer period of time.

There are certain foods that you can and cannot eat with this diet:

Foods That You Can Eat:

- As many raw veggies as you want.
- Steamed vegetables such as peppers, onions, cauliflower, tomatoes, mushrooms, etc.

- Beans and legumes. It is recommended that you eat at least 1 cup of beans or legumes a day as they are packed with nutritious fiber, protein and starch. Both of these components will help you feel full for longer periods of time so you can enjoy your diet rather than dread it.
- Fresh fruits. You can have as many fruits as you want whether they are dried, frozen or simply fresh.
- 2 Ounces of nuts and seeds per day.

Foods That Are Not Recommended:

- Dairy products
- Animal products
- Juice from fruit
- Oil
- Alcohol
- Canned fruits or dried fruits with added sugar
- Foods that have been processed
- Snacks in between meals

As you go through this book you will see for yourself how restrictive this diet can be. Most of your meals will consist of vegetables and legumes. While that may not seem appetizing at first, you will soon see that there are a number of nutritious foods that you can make and that can help you stick to this diet.

Being on a diet doesn't mean that you have to eat foods that lack the taste and flavor that you are craving. On the contrary with this book you will only find nutritious and delicious eat to live recipes that will help make sticking to it easier on you.

So, what are you waiting for? Let's get started.

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