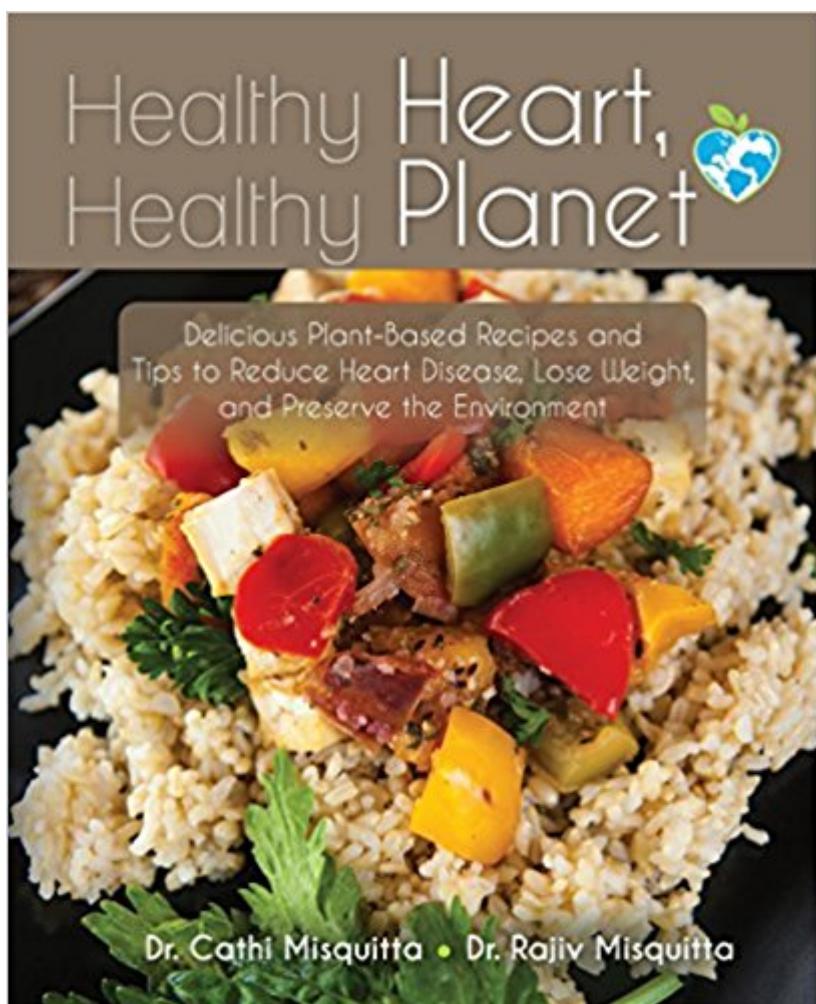


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# Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes And Tips To Reduce Heart Disease, Lose Weight, And Preserve The Environment



## **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 weightâ "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, dinnerâ "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 thatâ "TM"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**

I don't have heart disease - yet. Admittedly, I could lose a few pounds. I'd been following the Misquittas on Twitter prior to the book launch, and their story was so compelling, I couldn't wait for the book. I switched to a low-fat, plant-based diet based on what they had posted to their website, but now that I've had the book for a few weeks, it has made this whole transition easier. The

authors' story is motivating - and the step-by-step guides to meal planning and shopping are very helpful. Since I've been watching my caloric intake, I especially appreciate the calorie, fat, and fiber calculations included with each recipe. I've already lost 10 pounds, and I've got 10 pounds to go. I'm sure I'll be able to keep the weight off with this diet. It hasn't been as difficult as I thought. The recipes are both delicious and filling. I highly recommend the Healthy Heart muffins for a quick breakfast during the week, the Hot Pasta Salad for lunch, and the Winter Red Enchilada Casserole for dinner - all have become family favorites. I would be remiss to leave out the ecofriendly tips included in the book. While I admit that dropping a dress size has been my biggest motivator for making this dietary change, I never realized how much my previous meat-based diet was impacting the environment. I've even signed up for community supported agriculture since reading this book. Don't be afraid of making the change. It's easier than you think!

I just bought this book and, as a long time plant based cooking instructor and nutrition coach, I was so surprised to find out this heart healthy recipe cookbook is now one of my favorite go to books!! More than a cookbook, Dr Rajiv Misquitta tells his inspiring story about having a heart attack and then how he reversed it and explained that cholesterol is not the only reason to have heart disease. His journey will help all of us understand why we need to eat a whole foods, low fat, plant based diet. Prepare to find out how you can enjoy amazing food that happens to help your heart too! I love this book as the recipes are yummy yet simple and easy to do and the instructions are clear. One problem I have with a lot of plant based books is that the recipes are too long, too complicated and they take way too much time. These 2 docs made the ingredient lists short so we can all save time and money. Even though the recipes are simple, they are just delicious! Added to that, some of the recipes are Indian based, like Chaat and Garbonzo Beans and Melon, and this makes sometimes boring recipes just pop with flavor. The American based dishes, like sloppy joes, are quick to assemble and make! We learn about how we can all help save our environment from destruction by eating a plant based diet as well. I will give everyone I can this book for gifts! Thank you docs for this easy to use, delicious, heart healthy book!

I am so glad this book has finally been published! I have been following the inspirational story and enjoying the recipes on the website. This is THE one heart healthy reference that has a place in my kitchen. The Misquittas' program is sensible and scientifically based. (I am so tired of hearing about fad diets that are supposed to be healthy!) As a physician myself, I appreciate that the principles are well-researched and clearly presented. As a mom, I am glad it is easy and quick to make healthy

meals for the ones I love. And as a citizen of this little green globe, the concept that we can eat right, and do right by our planet at the same time, is profoundly satisfying.

As someone who is looking to change my lifestyle to incorporate exercise and healthier eating (who isn't thinking this?!?), this book is easy to read as it gave me simple easy to understand information on how I can easily substitute foods I currently eat with healthier options and provides a nice shopping list with what is in-season. The backstory on how this cookbook evolved is very honest and eye opening as well! My favorite recipes so far are the Banh Mi with Seasoned Tofu and the Tamale Casserole. I also found a recipe on their website ([www.healthyhearthealthyplanet.com](http://www.healthyhearthealthyplanet.com)) that is simply delicious (Pasta with Sundried Tomatoes, Swiss Chard, and White Beans!!). These are simple and easy to make recipes that are tasty! Overall, this is a well laid out cookbook that you can certainly use every day. This is going to be a great gift for my friends who are looking for healthier food options!

This useful book tells you how to eat healthy and enjoy it by expanding the presumed limits of strictly vegan cooking and dining--and all without calling for a drop of cooking oil. Recipes run from "Sloppy Joes" to exotic "Stuffed Sweet Dumpling Squash (or Peppers)" and hundreds more, each with handy calorie, fat and fiber counts.

Great book. I'm a 43 y/o active female who runs, practices yoga and eats a vegan-like. I've been looking for a way to convince more family and friends to adapt a similar lifestyle, for multiple reasons not to mention that it can actually reverse heart disease. And without medications! Well this book is the way | I happened to stumble upon it while looking for holiday gifts and I've now decided to purchase several copies just for that purpose. It's an easy read yet has an evidence-based approach. It doesn't hurt that the recipes are simple and taste as good as they sound. I highly recommend.

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