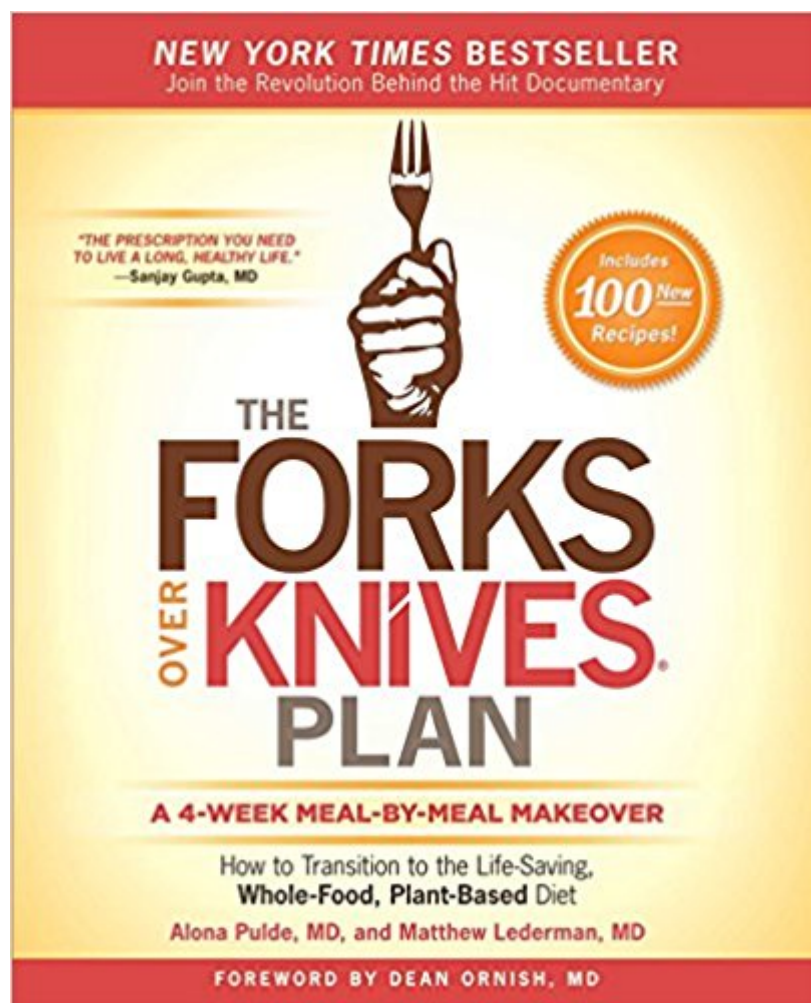




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# The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet



## Synopsis

From the creators of the groundbreaking documentary comes the New York Times bestselling diet plan Sanjay Gupta called “the prescription you need to live a long, healthy life” a plan to transition to a delicious whole-foods, plant-based diet in just twenty-eight days. The trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution. Backed by scientific research, the film’s doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat, dairy, and highly refined foods off the plate and adopting a whole-food, plant-based diet instead. Now, *The Forks Over Knives Plan* shows you how to put this life-saving, delicious diet into practice in your own life. This easy-to-follow, meal-by-meal makeover is the approach Doctors Alona Pulde and Matthew Lederman (featured in the documentary) use every day in their nutritional health practice—a simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium. In just four short weeks you’ll learn how to stock your refrigerator, plan meals, combat cravings, and discover all the tips and tricks you’ll need to eat on the go and snack healthily. You’ll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, a 28-day eating guide, and advice throughout the book from people just like you. Whether you’re already a convert and just want a dietary reboot, or you’re trying a plant-based diet for the first time, *The Forks Over Knives Plan* makes it easier than ever to transition to this healthiest way of eating—and to maintain it for life.

## Book Information

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## Customer Reviews

"The Forks Over Knives Plan is the prescription you need to live a long, healthy life." • (Sanjay Gupta, MD, CNN chief medical correspondent)"Drs. Alona Pulde and Matthew Lederman are extraordinary pioneers, leaders, and healers who represent the future of medicine." (Dean Ornish, MD, president and founder of the nonprofit Preventive Medicine Research Institute)"A smart, user-friendly "how-to" book on using whole, plant-based foods." • (Dr. T. Colin Campbell, author of The China Study)"Drs. Alona Pulde and Matthew Lederman have forged the bedrock foundation for successful plant-based nutrition in their Forks Over Knives Plan, which may reestablish a healthy America." (Caldwell B. Esselstyn, Jr., MD, author of Prevent and Reverse Heart Disease)"Forks Over Knives truly changed my life, and it also changed my entire perspective on eating habits. I encourage everyone to try out the recipes in the book and be open-minded to all of its possibilities. If you have your health, you really have it all." (Arian Foster, NFL pro football player)"You are about to be blown away by how well this step-by-step plan works. It is simple, affordable, medically sound, and people tested. Read these pages, start leaning in to the suggestions, and expect nothing less than a profound physical transformation!" (Kathy Freston, author of Quantum Wellness)"Forks Over Knives showed us why a whole food, plant-based diet is so powerful. Now, The Forks Over Knives Plan shows us how to put it to work. Food is medicine, and this easy-to-follow, delicious, four-week plan will get you on track toward optimal health." • (Neal D. Barnard, MD, author of Power Foods for the Brain)"The Forks Over Knives Plan is easy. Easy to understand, easy to follow, and easy to cure yourself of common health problems." • (John McDougall, MD, author of The Starch Solution)"The Forks Over Knives Plan is comprehensive, pragmatic, and beautifully simple. A big plant-strong thumbs up!" (Rip Esselstyn, former professional triathlete and author of The Engine 2 Diet)"Dive into a deeper understanding of how you can eat for health—complete with delicious whole-foods recipes!" (Lindsay Nixon, author of The Happy Herbivore Cookbook)"Plant-based nutrition is now the most powerful medication I prescribe for my patients. The Forks Over Knives Plan is a much-needed resource that will help them transition to a whole-food, plant-based diet and truly re-take control of their health." • (James F. Loomis, MD, Director of Prevention and Wellness, St. Luke's Hospital)"Drs. Pulde and Lederman have written an easy-to-follow four-week prescription to better health. Get it, read it, do it." (Terry Mason, Chief Operating Officer, Cook County Department of Public Health)"Eating plants revolutionized every aspect of my life for the better. It worked for me and I promise it will work for you too. So do yourself

and your loved ones a favor and get this book!" (Rich Roll, vegan ultra-endurance athlete and author of *Finding Ultra*)

• This powerful and practical four-step method provides readers with a GPS to health. We simply cannot afford to continue harming our bodies with food.

• (Robert Ostfeld, MD, director of the Cardiac Wellness Program at Montefiore Medical Center)

"Forks Over Knives changed our lives! Eating plant-based is not only good for your health. It is the one simple elegant thing that EVERYONE can do to help clean up the environment and create a better planet where our children and grandchildren can thrive.

• (Suzy Amis Cameron and James Cameron, philanthropists and environmental activists)

• Yes, there's overwhelming scientific evidence that a whole-food, plant-based diet can save your life, but how do you actually do it? That's what The Forks Over Knives Plan is for!

• (Michael Greger, MD, founder of NutritionFacts.org)

• The Forks Over Knives Plan provides easy-to-follow steps for improving your health, and living more sustainably and compassionately. This life-changing book will empower you to feel better and live better.

• (Gene Baur, founder of Farm Sanctuary)

• With The Forks Over Knives Plan, adopting a whole food plant-based lifestyle has never been easier or more delicious. I only wish this book had been around when I went plant-based 37 years ago.

• (Chef AJ, author of *Unprocessed*)

"As a plant-based athlete for twenty years, The Forks Over Knives Plan is the by far the best program I have followed to achieve optimal results in health and fitness." (Robert Cheeke, professional bodybuilder and vegan since 1995)

"This book is an absolute jewel! In just a few days, you can feel a growing confidence and excitement as you follow these stepping stones to the life you deserve." (Doug Lisle, PhD, coauthor of *The Pleasure Trap*)

• The movie *Forks Over Knives* motivated millions of people to consider the importance of adopting a plant-based diet. Now The Forks Over Knives Plan provides the tools needed to help actualize this motivation and drive people towards a health-promoting diet.

• (Alan Goldhamer, DC, director of TrueNorth Health Center)

"Those new to the plan may be surprised that portion control is out the window; because, as the authors point out, plant-based foods have a lower calorie density, larger portions are required to maintain satiety (without weight gain). This is a worthy addition to the growing Forks over Knives library." (Publishers Weekly)

Alona Pulde, MD, is a family practitioner specializing in nutritional and lifestyle medicine in Los Angeles. Alona developed the lifestyle change program used for patients in the film *Forks Over Knives*, as well as in her clinic, Transition to Health: Medical, Nutrition, and Wellness Center. She is the author of *Keep It Simple, Keep It Whole: Your Guide to Optimum Health* and *The Forks Over Knives Plan*.

Matthew Lederman, MD, is a board-certified internal medicine physician specializing in

nutrition and lifestyle medicine. He lectures for the eCornell T. Colin Campbell Certificate Program in Plant Based Nutrition and appeared in the films Healing Cancer From the Inside Out and Forks Over Knives. Along with Alona Pulde, he cofounded Transition to Health: Medical, Nutrition, and Wellness Center and coauthored Keep It Simple, Keep It Whole and The Forks Over Knives Plan.

I watched the movie and really enjoyed it. However, this book is titled as the Forks Over Knives "Plan" in which it is hardly a plan. It is a book that explains what the movie did, throws in recipes at the end, and calls it a plan. The end of the book has a list of resources such as the Engine 2 diet, which is the same as the Forks Over Knives plant based philosophy and actually is a plan with real guidance. If you are looking for regurgitated science from the movie, this book is for you. If you are looking for an actual plan look into Engine 2.

Great Idea for Diabetics. Great Idea for anybody wanting to eat right. Most of these recipes were EXCEPTIONALLY GOOD. Easy to made and put together with some COMMON SENSE. I would definitely recommend it.

Interesting read.I would like to take myself and family to a few meatless meals a week, and this has some good ideas.

Great book for those new to eating a completely plant based diet. Insightful, practical, encouraging. Good balance of facts, how to's and recipes.

I am addicted to this book. I have read it several times just to make sure that I got all the right information. It gives you a plan for a smooth transition to a vegetarian diet. I would definitely recommend.

A good overview of the Forks and Knives Plan...I'm still deciding if that's the plan for me.

Love the recipes and the book was in brand new condition, service was great!

Great book and value

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The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet

Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole Food: The 30 Day Whole Food Challenge "Whole Foods Diet" Whole Foods Cookbook "Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives, raw till 4, whole 30, Slow cooker, crockpot, Cast Iron) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives, Crockpot, Slowcooker, 80/10/10 Diet, Raw Till 4, gluten free, dairy free) ... diet, high protein, low fat, gluten free) The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet Forks Over Knives: The Plant-Based Way to Health 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook "Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook "Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Plant Based Diet: A Beginners' Guide to Choosing and Adopting a Whole Foods, Plant Based Diet The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Anti-Inflammatory Elimination Diet Health Food Plan (The O Diet): Your Guide to 3 Allergy-Free Steps For Discovering Food Allergies and Developing a Healthy ... Diet: Your Diet Plan Book 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet)

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