



The Superfood Swap: The 4-Week Plan to Eat What You Crave Without the C.R.A.P.

Dawn Jackson Blatner

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The 4-Week Plan that Beat Out All Other Plans in the ABC Weight-Loss Reality TV Show “My Diet Is Better than Yours”

For more than fifteen years, nutritionist Dawn Jackson Blatner has helped hundreds of clients lose their bad eating habits and step up to optimal health. The key? Not deprivation, but a new kind of gratification, which she calls “super swapping”-- exchanging fake foods (C.R.A.P.: food with **C**hemicals; **R**efined sugar and flour; **A**rtificial sweeteners and colors; and **P**reservatives) for wholesome high-quality foods--superfoods. A largely plant-based diet rich in fiber, vitamins, and antioxidants stabilizes hunger hormones, speeds metabolism, and fights disease.

For each week, Blatner shares simple techniques, with eat/avoid lists, ideas for great lunches, advice on how to read labels to spot healthy-food impostors, and scores of useful infographics. The 100 tempting recipes—many vegetarian, vegan, and gluten free—include Fish Tacos with Crunchy Cabbage Slaw, BBQ Sandwich & Collard Chips, Sprouted Pizza, and Dark Chocolate Cherry Milkshake. Each one comes with a nutrition analysis.

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Rhonda Kirby:

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