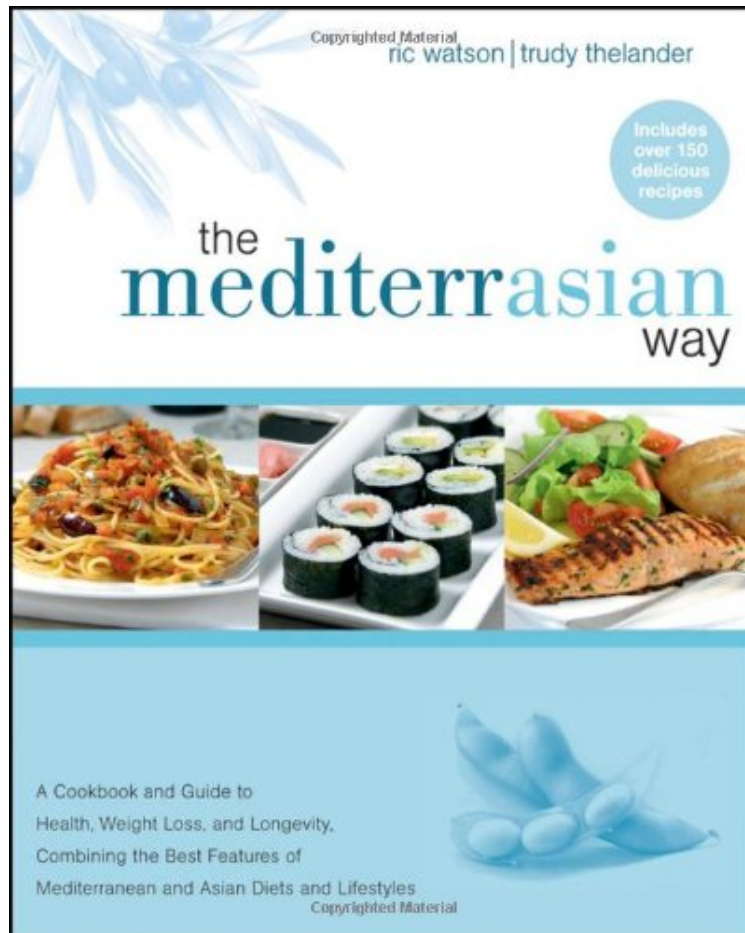


(Mobile pdf) The MediterrAsian Way: A Cookbook and Guide to Health, Weight Loss, and Longevity, Combining the Best Features of Mediterranean and Asian Diets

The MediterrAsian Way: A Cookbook and Guide to Health, Weight Loss, and Longevity, Combining the Best Features of Mediterranean and Asian Diets

Trudy Thelander, Ric Watson
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#588951 in Books Watson, Ric/ Thelander, Trudy 2007-02-16 2007-03-06Original language:EnglishPDF # 1 9.25 x 1.12 x 8.25l, 1.98 #File Name: 0470045582320 pages | File size: 43.Mb

Trudy Thelander, Ric Watson : The MediterrAsian Way: A Cookbook and Guide to Health, Weight Loss, and Longevity, Combining the Best Features of Mediterranean and Asian Diets before purchasing it in order to gage whether or not it would be worth my time, and all praised The MediterrAsian Way: A Cookbook and Guide to Health, Weight Loss, and Longevity, Combining the Best Features of Mediterranean and Asian Diets:

4 of 4 people found the following review helpful. One of my favorite cookbooks!By OlgaI found the website first, and then after falling in love with that, I decided to buy the cookbook also. I found that this was one of my most worthwhile investments! Not only are the recipes in the 2nd half of the book simple to make and absolutely delicious, but the first half of the book provided a lot of very interesting and beneficial information. I knew that moderation of

some foods and having all food groups is important to having a healthy diet and improving your health, but I never realized how many important vitamins, minerals, and fats are found in all different foods. My favorite example of how the Mediterranean and Asian diets differ from the Western diet was shown in a diagram. I was shocked that there was double the amount of calories in the Western diet, but only half of the food involved! I think some of the most important information in this cookbook lies not with the recipes, which are simple and delicious, but in the first half of the book, which provides insight to the different food groups, and how each complements the other providing a well balanced diet. I shared this book and the website with my co-workers, family, and friends and they were as drawn to the information as I was! Thank you for an amazing reference to how to have a healthier diet and a better lifestyle!!4 of 4 people found the following review helpful. A very fine cookbookBy Lana | My Happy Dessert blogI tried at least half of the recipes from this book: besides desserts (for my cooking blog), they were pasta stews, pizza grills, wraps sushi - and all of them were really delicious! I highly recommend this book to everyone who is open for exploring new cuisines and ingredients. You will feel good while making the recipes as they all are easy to prepare, don't require many ingredients and the final outcome tastes great! This is a very fine book for every day cooking.Also, the first part of the book is really interesting because it provides some background information and research behind the MediterrAsian (Mediterranean + Asian) lifestyle. It may be a motivational reading for those who are looking for simple ways to live well through food choices and lifestyle.11 of 11 people found the following review helpful. More than a diet bookBy M. CohenI've read more diet books than I care to mention and have been following a Mediterranean style diet for several years. There are several things about this book that I think are very good. First, it doesn't just focus on food. It focuses on an entire lifestyle. One that is more relaxed, where one takes time to enjoy the simple things, and includes natural activity as part of regular life-not outrageous gym workouts that most people don't have the time or energy to commit to. This is much more consistent with the lifestyle of the mediterranean-they live longer, not just because they eat healthier food, but because their entire approach to life is healthier. Their meal plans not only include a menu but a reminder to be physically active every day and to take time to for some calm, contemplative time as well.As for the recipes, I love them. I am particularly fond of curries and there are several different style curry recipes included but also great stir fries, pasta recipes, risottos, among others. A lot of the recipes are what I call "one dish wonders" which I also appreciate as a busy professional trying to make healthy meals. Nice to make one dish that has it all instead of having to prepare multiple dishes for one meal. It also includes a step-by-step instruction on how to roll your own sushi or make your own vietnamese style spring rolls. The only criticism I would have is that they don't include the nutritional information and when I have run some the recipes through some of my nutritional software, they have been unacceptably high. However, if you split the recipes into 6 or 8 servings instead of the typical 4, they will be well within the acceptable calorie range and this is usually not a problem because they make a lot of food.

Indulge yourself with tasty and satisfying foods like pasta dishes, stir-fries, curries, risottos, noodle dishes, and sushi, all washed down with a glass of wine or beer. Stay active but don't bother with a formal exercise regimen, and set aside time every day to relax and unwind. You may find it hard to believe, but eating and living this way can help you stay lean and healthy, substantially reduce your risk of heart disease and cancer, and increase your chances of living longer. People from Mediterranean and Asian cultures have been living like this-and reaping the rewards-for more than 5,000 years.Now, in this unique cookbook and guide, Ric Watson and his wife, Trudy Thelander, demonstrate just how easy it is to realize the benefits of the MediterrAsian way-benefits that numerous scientific studies have documented over the last half century. They explain the common features of Mediterranean and Asian lifestyles-abundant amounts of plant foods and fish, small amounts of red meat, moderate alcohol consumption, physical activity, and time set aside to relax-and show you step by step how to make them part of your life. When you eat the MediterrAsian way, there's no skimping on taste-or satisfaction. You'll feast on more than 150 delicious recipes, including favorites like Pasta Primavera, Thai Chicken Stir-Fry, and Ham, Mushroom, and Tomato Pizza. You'll savor the intriguing flavors of Vietnamese Shrimp and Vegetable Rice Paper Rolls, Moroccan Stew with Couscous, and Teriyaki Chicken Noodles. And if you're in the mood for a burger or hot dog, Watson and Thelander offer several deliciously healthy versions.The book walks you through MediterrAsian food basics, shows you how to substitute daily activities for time at the gym, and explains how to take time out to enjoy life and relax. To help you plan your meals, it provides an easy-to-follow five-step MediterrAsian Balanced Meal System. There's even a fourteen-day MediterrAsian plan as well as example lifestyle scenarios to help you get into the swing of things. Complete with 50 tempting color food photographs, The MediterrAsian Way is all you need to enjoy the benefits of MediterrAsian living-starting today!

From Publishers WeeklyWatson and Thelander, creators of MediterrAsian.com, combine the sensible, down-to-earth principles of the Mediterranean diet with those of south and east Asia to create a blend that is about lifestyle as much as cuisine. Their concept is appealing, but the book is more wishful than convincing in delivery. It begins by "unlocking the secrets" of the two diets, examining both regions' nutritional pyramids and citing much research to bolster claims for their superiority, but many subsequent parts emphasize exercise, of both mind and body, with overly

obvious suggestions like "dance to the beat" and "go for a scenic walk" for burning calories and "get a pet" and "visit the library" for combating stress. An outline of two weeks on the diet demonstrates Watson and Thelander's "MediterrAsian" balanced meals, heavy on grains and vegetables and sparing with meat and fats. This philosophy lends itself to one-dish meals, which many of the recipes are, from Lemony Tuna, Olive and Vegetable Pasta to Fragrant Chicken Curry. Unfortunately, few rise above their appearance of being stylistic approximations of such dishes as Grilled "Tuscan" Chicken or the inevitable "Greek" salad; the fused cuisine feels both more familiar and homogenous and less lively and life-changing in the way a new diet must be to achieve great results. Bw and color photos not seen by PW. (Mar.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Much of this book is taken from the web site MediterrAsian.com, which Watson and Thelander created in 2004. Watson chronicles living through a horrific motorcycle accident that nearly killed him as a teenager in the 1980s; his recovery was spent living with an uncle and aunt in Britain who ate meals of pasta, beans, vegetables, rice, eggs, nuts, olive oil, and fruits. He then went to Australia, where he met Thelander, and together they started cooking and eating a diet of Mediterranean and Asian food. Their philosophy is not earth-shattering-eat wholesome food, be physically active, and make time for relaxation. Approximately half of the text is devoted to a discussion of this lifestyle, including suggestions for exercise and relaxation and sample menus. It appears that the authors are self-taught, but the book is sprinkled with results of scholarly studies, some of which are included in a bibliography. The rest of the work contains 150 recipes for pasta, stir-fries, pizza, soups, desserts, etc., which are simple and easy to prepare, with tomatoes, garlic, peppers, fish, chicken, and beans as the main ingredients. Recommended for libraries with patrons who are interested in a lifestyle not just a diet. --Christine Bulson, SUNY at Oneonta Lib. -- Library Journal, May 15, 2007

From the Back Cover

Would you like to become lean and healthy, reduce your risk of heart disease and cancer, and live longer? It may sound like a tall order, but scientific studies have demonstrated that Mediterranean and Asian lifestyles can help you do just that. This unique cookbook and guide shows you how easy it is to embrace the MediterrAsian way. You'll lose weight, enhance your well-being, and improve your health while you:

- Feast on delicious pastas, fragrant curries, tasty pizzas, and soul-satisfying stir-fries
- Wash down your meals with a glass of wine or beer
- Increase your daily activity and give up your gym membership
- Make time to relax and enjoy life

Ric Watson and Trudy Thelander deliver all you need to embark on the MediterrAsian way: more than 150 delicious recipes, a step-by-step balanced meal system, and a 14-day food and lifestyle plan, along with advice, information, and inspiration.