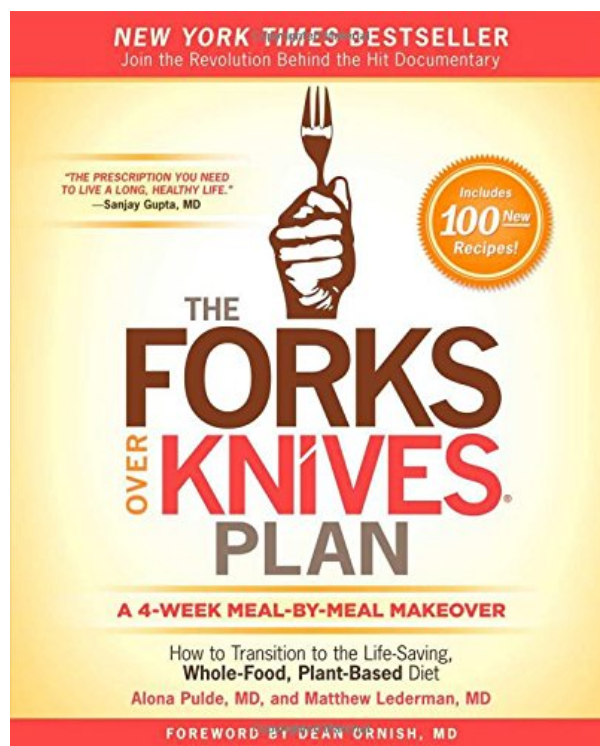
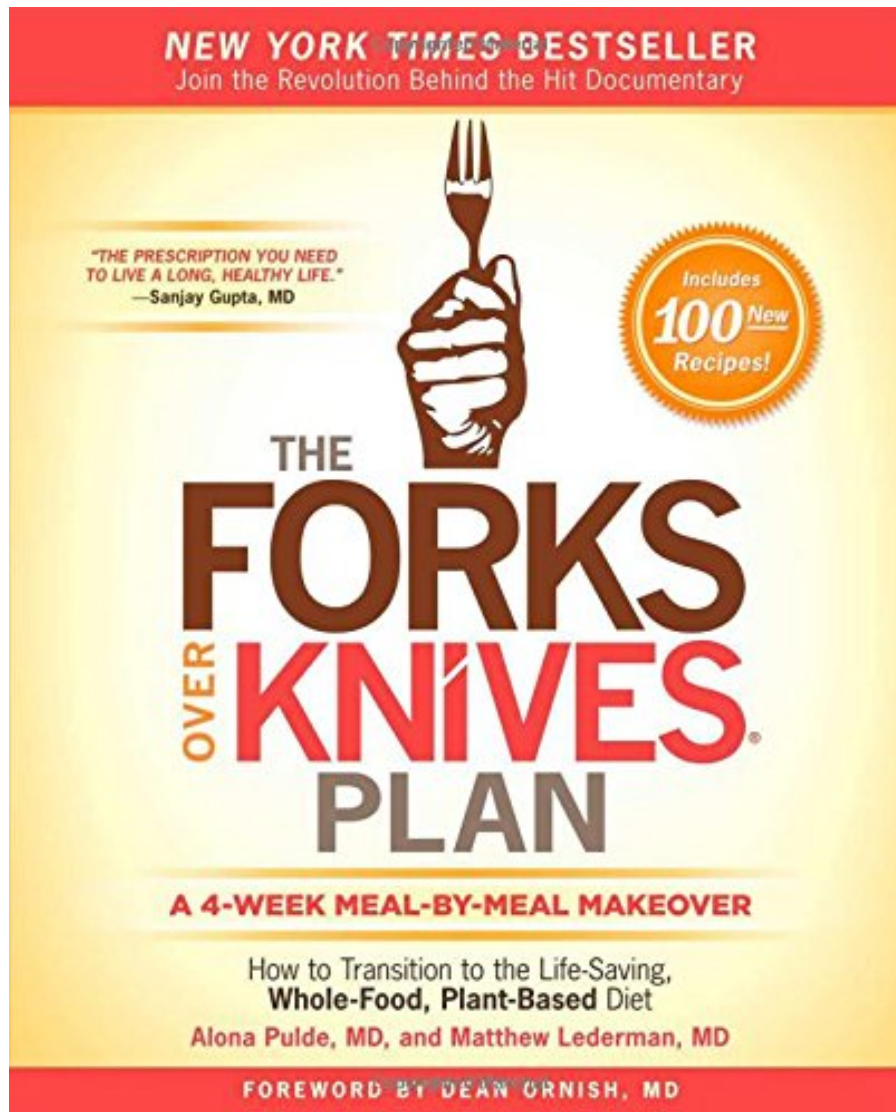


**THE FORKS OVER KNIVES PLAN: HOW TO
TRANSITION TO THE LIFE-SAVING,
WHOLE-FOOD, PLANT-BASED DIET BY
ALONA PULDE M.D., MATTHEW
LEDERMAN M.D.**



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Review

"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)

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"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)

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"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)

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“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)

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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*.

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In the spring of 2009, we received a very interesting phone call. On the line was Brian Wendel, who said he was making a film on the power to prevent and treat chronic disease with a whole-food, plant-based diet. He turned to us because we were running our medical practice using this diet as a primary treatment. Brian wanted to show an audience how patients suffering from serious chronic conditions can, with relative ease and in a short time, turn around their difficult situations and achieve true health and vitality—just by eating well. Given our experience and training in lifestyle medicine, we were confident in this approach. We knew the power of this way of eating and were eager to help in whatever way we could to introduce its significant promise to a wide audience. And so without hesitation, we agreed. The film *Forks Over Knives* was released in theaters and on home video in 2011. The responses of audiences worldwide surpassed our best hopes for its reach and influence.

The food-as-medicine concept is now reaching millions of people and the movement is growing stronger each day. The movement's popularity is driven by one important factor: The lifestyle works! More and more people are learning that a diet based in fruits, vegetables, tubers, whole grains, and legumes intervene makes all the difference when it comes to achieving good health . . . and the word is spreading in a big way.

Nearly five years after our involvement in the documentary, we are thrilled to have teamed up with *Forks Over Knives* again—this time to provide this four-week transition guide. In this book, we bring you the specifics of the *Forks Over Knives* philosophy and guide you through an A-to-Z transition so you can live the whole-food, plant-based way for a lifetime. Among other things, we detail what a whole-food, plant-based diet is and is not—and you'll see that this means you will be living on food that is not only healthy, but also hearty and satisfying. We show you how to survive and thrive on the foods you love—like pancakes, burritos, mashed potatoes, and lasagna—and at the same time, get all the nutrition you need.

People seek dietary changes for various reasons, whether it's to become healthier, lose weight, improve athletic performance, or just feel better. Regardless of the reasons for wanting a change, you are probably looking for a better result than you are getting now. Many diets fail because they tend to be nothing more than variations of the Standard American Diet. That is, they basically require a reshuffling of the same animal-based foods—oftentimes in order to meet target goals for certain individual nutrients, such as protein, calcium, or omega-3. They also tend to follow similar principles, such as counting calories or even purchasing supplements from the diet's author.

On the other hand, when you adopt the Forks Over Knives way of living, you will be trying something completely different. You will not be eating for single nutrients, counting calories, or buying supplements from us. Instead, you will simply focus on eating the whole, plant-based foods you enjoy. Though the food you'll eat is neither unfamiliar nor exotic, the composition of your plate of food will change substantially—so much so, in fact, that the lifestyle achieves something unlike anything else out there.

The hallmark of the whole-food, plant-based lifestyle is its unique ability to prevent, halt, and even treat chronic illness, such as heart disease and type 2 diabetes. The changes it can bring to your life are often rapid and measurable.

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Well, e-book *The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D.* will certainly make you closer to exactly what you want. This The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D. will be always great pal any sort of time. You could not forcedly to constantly finish over checking out a publication basically time. It will certainly be only when you have spare time and investing few time to make you feel pleasure with what you read. So, you can obtain the meaning of the notification from each sentence in guide.

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The latest in the bestselling Forks Over Knives franchise—a 28-day guide to transitioning to a delicious whole-foods, plant-based diet.

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...and people listened.

Now, for the first time, The Forks Over Knives Plan shows you how to put this life-saving (and 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 clear, simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium.

Week 1 you'll begin with breakfast and learn how to stock your refrigerator to help support this new way of eating.

Week 2 you'll move on to lunch and learn the basics of meal planning to keep yourself on track.

Week 3 you'll reimagine dinner and find out how to combat cravings.

Week 4 you'll master all the tricks and tips you'll need for the long haul, including how to eat on the go and how to snack healthily.

You'll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, and advice throughout the book from people just like you. Find out why physicians, athletes, fitness professionals, and others all over the world are overhauling what they eat—and feeling better than even before. 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.

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- Number of items: 1
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- Binding: Hardcover

- 336 pages

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Most helpful customer reviews

170 of 182 people found the following review helpful.

Can't Wait to Start Cookin'!

By T. Tango

The book's sub-title, "How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet", says it all. I switched to this way of eating over 5 years ago. I lost 50 pounds and got off cholesterol and blood-pressure medicine and I've never felt better. I've had some good recipes over the years but the recipes in this book look like some of the best yet. Twice-Baked Breakfast Sweet Potatoes, Spinach-Potato Tacos, Tex-Mex Bean and Cornbread, Mushroom and Green Pea Risotto, Lentil-Pecan Hummus, and a whole section of desert recipes to boot! I can't wait to make them. Drs. Pulde and Lederman have done a great job. As you can see in the Editorial Reviews above, the smartest people in the field of nutrition love this book. You will too. It's a no-brainer!

77 of 83 people found the following review helpful.

Metamorphosis, to Preexisting Nutritional Beliefs!

By Nathanael Greene

Out of this book's 336 pages, the 2-page Forward, and the first 140 pages of the book are the core of the book - and what an astounding, invaluable and revelatory core!

The fact that Brian Wendel, the Executive Producer of the excellent DVD entitled FORKS OVER KNIVES (FOK), contributed to the content of THE FORKS OVER KNIVES PLAN, is a resounding "Good Nutrition" seal of approval to recommend this book.

Dr. Colin Campbell, and Dr. Caldwell Esselstyn, basically provided us with the key concepts in the FORKS OVER KNIVES DVD, but Drs. Alona Pulde and Matthew Lederman, really fleshed out their basic concepts with reams of astonishing additional detail, such as debunking the glycemic index, or "The Incomplete Protein Myth," for starters - this is terrific content.

If there is a Pulitzer Prize category for "personal quotes" included in a book, then most of the personal quotes included in this book are of Pulitzer Prize caliber - one after another, they include great insights and observations, well stated.

This is not a "once and done" book, because most everyone will probably be repeatedly referring to those initial, and transforming 140 pages from time to time, until they become intuitive.

This book's 146 pages of recipes are, compared to this book's first 140 pages, fluff - but you want to know what? I expect I will be frequently referring to these convenient recipes, because I will also be frequently referencing the content of the first 140 pages of this book. Furthermore, I always enjoy the introductory comments to each recipe by a recipe's author, a nice and informative touch not frequently found in recipe books - I have already read all of these introductory observations.

This book also includes a 3-page "Resources" section listing recommended websites, books, DVDs, and courses; and 15-pages of informative and authoritative "Notes."

Thank you Drs. Pulde and Letterman, and Brian Wendel, plus, inter alia, Dr. John McDougall. See "Acknowledgments," p.289.

352 of 409 people found the following review helpful.

Not What I was Expecting

By FLGal

I was looking for a book that would present sample meal plans and menus to help me transition from vegetarian to vegan diet, not a book on why a vegan diet is the best. I did not want a lot of reading- as I have

the Other Forks Over Knives books. I just wanted something simple to help me meal plan. I do like the shopping list, but it should have been presented in a different layout so that it popped from the reading material. It would have been good to include an appendix with several weeks worth of menus as samples.

I also thought there were too many personal stories. I was already convinced to eat a vegan diet, that is why I bought the plan.

[See all 392 customer reviews...](#)

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Yeah, reviewing a book **The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D.** can add your friends checklists. This is among the formulas for you to be effective. As known, success does not imply that you have wonderful points. Understanding and recognizing greater than other will certainly offer each success. Next to, the notification and perception of this **The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D.** could be taken as well as chosen to act.

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"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)

"Just what the doctor ordered." (Spirituality and Health)

About the Author

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*.

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In the spring of 2009, we received a very interesting phone call. On the line was Brian Wendel, who said he was making a film on the power to prevent and treat chronic disease with a whole-food, plant-based diet. He turned to us because we were running our medical practice using this diet as a primary treatment. Brian wanted to show an audience how patients suffering from serious chronic conditions can, with relative ease and in a short time, turn around their difficult situations and achieve true health and vitality—just by eating well. Given our experience and training in lifestyle medicine, we were confident in this approach. We knew the power of this way of eating and were eager to help in whatever way we could to introduce its significant promise to a wide audience. And so without hesitation, we agreed. The film *Forks Over Knives* was released in theaters and on home video in 2011. The responses of audiences worldwide surpassed our best hopes for its reach and influence.

The food-as-medicine concept is now reaching millions of people and the movement is growing stronger each day. The movement's popularity is driven by one important factor: The lifestyle works! More and more people are learning that a diet based in fruits, vegetables, tubers, whole grains, and legumes intervene makes all the difference when it comes to achieving good health . . . and the word is spreading in a big way.

Nearly five years after our involvement in the documentary, we are thrilled to have teamed up with *Forks Over Knives* again—this time to provide this four-week transition guide. In this book, we bring you the specifics of the *Forks Over Knives* philosophy and guide you through an A-to-Z transition so you can live the whole-food, plant-based way for a lifetime. Among other things, we detail what a whole-food, plant-based diet is and is not—and you'll see that this means you will be living on food that is not only healthy, but also hearty and satisfying. We show you how to survive and thrive on the foods you love—like pancakes, burritos, mashed potatoes, and lasagna—and at the same time, get all the nutrition you need.

People seek dietary changes for various reasons, whether it's to become healthier, lose weight, improve athletic performance, or just feel better. Regardless of the reasons for wanting a change, you are probably looking for a better result than you are getting now. Many diets fail because they tend to be nothing more than variations of the Standard American Diet. That is, they basically require a reshuffling of the same animal-based foods—oftentimes in order to meet target goals for certain individual nutrients, such as protein, calcium, or omega-3. They also tend to follow similar principles, such as counting calories or even

purchasing supplements from the diet's author.

On the other hand, when you adopt the Forks Over Knives way of living, you will be trying something completely different. You will not be eating for single nutrients, counting calories, or buying supplements from us. Instead, you will simply focus on eating the whole, plant-based foods you enjoy. Though the food you'll eat is neither unfamiliar nor exotic, the composition of your plate of food will change substantially—so much so, in fact, that the lifestyle achieves something unlike anything else out there.

The hallmark of the whole-food, plant-based lifestyle is its unique ability to prevent, halt, and even treat chronic illness, such as heart disease and type 2 diabetes. The changes it can bring to your life are often rapid and measurable.

We will reveal you the very best and also simplest method to obtain book **The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D.** in this globe. Great deals of collections that will certainly sustain your responsibility will certainly be right here. It will make you really feel so ideal to be part of this web site. Ending up being the member to constantly see exactly what up-to-date from this book The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D. site will certainly make you really feel ideal to look for guides. So, recently, and right here, get this The Forks Over Knives Plan: How To Transition To The Life-Saving, Whole-Food, Plant-Based Diet By Alona Pulde M.D., Matthew Lederman M.D. to download and save it for your priceless worthwhile.