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| 1. Record Nr.           | UNINA9910160310703321                                                                                                                                                                                                                                                 |
| Autore                  | Esselstyn Rip                                                                                                                                                                                                                                                         |
| Titolo                  | The Engine 2 seven-day rescue diet : eat plants, lose weight, save your health / / Rip Esselstyn ; with recipes by Jane Esselstyn                                                                                                                                     |
| Pubbl/distr/stampa      | New York : , : Grand Central Life & Style, , 2016                                                                                                                                                                                                                     |
| ISBN                    | 1-4555-9115-7<br>1-4555-6990-9                                                                                                                                                                                                                                        |
| Descrizione fisica      | 1 online resource (308 pages) : illustrations                                                                                                                                                                                                                         |
| Disciplina              | 613.25                                                                                                                                                                                                                                                                |
| Soggetti                | Vegetarianism<br>Reducing diets<br>Cooking - Natural foods<br>HEALTH & FITNESS / Diet & Nutrition / Diets                                                                                                                                                             |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                               |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                    |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                            |
| Note generali           | Includes index.                                                                                                                                                                                                                                                       |
| Nota di contenuto       | Part I. Why we love plants ; Why we love whole foods ; Why we don't drink our food ; Why we care about calorie density ; Why we limit protein ; Why we limit salt, sugar, and fat ; Why we exercise -- Part II. The seven-day rescue plan ; Seven-day rescue recipes. |
| Sommario/riassunto      | A follow-up to "The Engine 2 Diet" outlines a seven-day vegetarian program designed for rapid weight loss and lower cholesterol, triglyceride, and blood-pressure counts.                                                                                             |