



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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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!

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