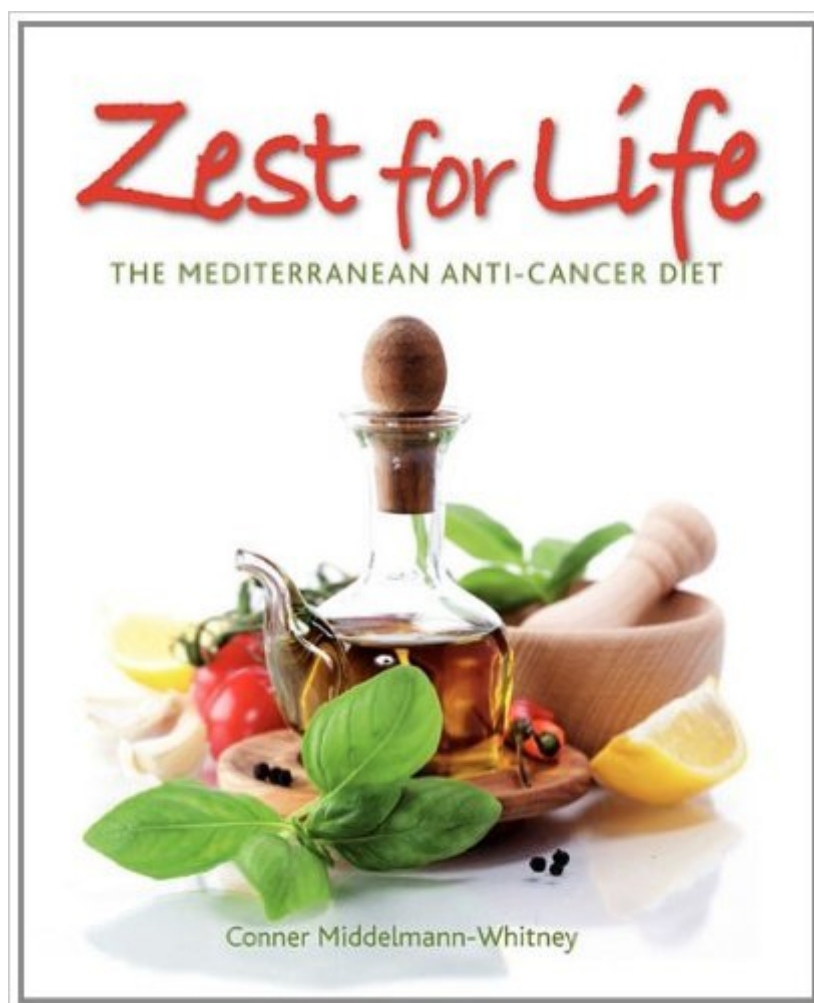


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# Zest For Life: The Mediterranean Anti-Cancer Diet



## Synopsis

Without prevention, 1 in 2 men and 1 in 3 women in the industrialized world will develop cancer. What many people don't know: at least a third of cancers could be avoided through a healthy diet and lifestyle. *Zest for Life*, the first anti-cancer health book with recipes based on the traditional Mediterranean diet, provides all the guidance and practical advice you need to prepare delicious, easy and affordable meals to boost your defenses against cancer. *Zest for Life* does not propose a short-term "diet" of hunger or imbalanced eating. On the contrary, it shows how easy it is to enjoy a wide variety of tasty, healthy foods every day and in doing so to reduce not only your cancer risk, but also the risk of heart disease, obesity and diabetes. The *Zest for Life* diet emphasizes vegetables and fruits, fish, olive oil, legumes, fresh herbs and spices, and highlights the importance of conviviality and the guilt-free enjoyment of food, thus nourishing both body and soul. The healthy, modern recipes are inspired by rich culinary traditions from around the Mediterranean: Italy, France, Spain, Greece, Turkey, Morocco and others. *Zest for Life* comprises a 120-page science section outlining the principles of anti-cancer eating based on the latest scientific research, followed by 150 easy, family-friendly recipes (using American and metric measurements). Most of the recipes are plant-based, although healthy fish and meat dishes feature too, as do low-sugar, gluten-free cakes and other desserts. The 150 innovative, inexpensive and simple anti-cancer recipes in *Zest for Life* include: - Red cabbage and walnut slaw - Garlic eggdrop soup from south-western France- Spanish sweet-potato omelet- Provencal salmon parcels- Mackerel fillets in a creamy mustard sauce- Lentil moussaka- Crispy garbanzo dumplings (falafel) with garlicky sesame-paste dip- Gluten- and yeast-free flax seed and almond 'pizza' - Barley risotto with wild mushrooms- Speedy Mediterranean Brussels sprouts- Home-made tomato ketchup and cashew cream (a dairy-free alternative to cream)- Healthy breakfasts (including Bircher muesli, almond waffles with blueberry sauce, hazelnut-chocolate spread, Kousmine-Budwig cream, and olive-oil granola)- Mixed-berry summer pudding- Tasty hot and cold drinks made with green and white tea or unsweetened cocoaThe book is supported by a website, [zestforlifediet.com](http://zestforlifediet.com) featuring cooking videos by author Conner Middelmann-Whitney, a frequently updated cancer-prevention blog, healthy eating advice and culinary tips.

## Book Information

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## Customer Reviews

I have to admit that I didn't read every line of the anti-cancer part of this cookbook because my diet is very healthy. The recipes, though, contain some quite original and delicious takes on standard fare, with the added plus that they can be served to friends or family members who have gluten or dairy allergies. My brother has a severe case of Celiac disease and went bonkers over the beetroot chocolate cake, which besides those two ingredients contains ground almonds instead of flour and replaces butter with olive oil. On paper it looks bizarre but it's delicious, especially if you are so sensitive to gluten that your nose bleeds from the smell of bread baking and you thought you'd never be able to eat chocolate cake again in your life. She includes some clever and tasty substitutes for mashed potatoes and couscous (white bean mash and cauliflower respectively - a food processor is a must for the latter). A carrot and leek compote has become a staple in my house - the magic ingredient is a spoonful of cashew cream stirred in at the end. Best of all, these recipes can be prepared from ingredients bought at an ordinary supermarket and don't require a trip to Whole Foods or Trader Joe's for anything - a very big plus for anyone living far from a major city.

Conner Middlemann-Whitney's Zest for Life: the Mediterranean Anti-Cancer Diet is a two-part food joie de vivre brimming with information on healthy eating, hopefully as a way to defend oneself against cancer, followed by delightfully tasty recipes. I found Zest for Life well-organized for ease of use, extremely informative, and very readable. Ms. Middlemann-Whitney's personal voyage to a healthy diet in Chapter 1 and how she wards off junk food temptations are interesting in themselves but also instructive and useful. I especially appreciated her list of items to take on long plane or road trips. Chapter 3, A Cancer Epidemic, is scary but then Chapter 4, Eating for Life, gives hope along with practical information on herbs and spices, the colors of healthy vegetables and fruits and how they help to stay healthy as well as an easy way to measure portions. Those are only a few of the

useful bits of information, not only found in Chapter 4 but also throughout the book. The appendices are full of practical information as well with, for example, a shopping list in Appendix 2 of fresh and frozen foods along with a list of staples to keep handy. The recipes in Part II that follow the five chapters of Part I complete *Zest for Life*. They are easy to follow, healthy, and tasty. Since I'm forever looking for ways to prepare fish for my husband who would rather not eat it at all, I really like (and he does too) the Fish plaki and the Garlic-crust baked cod. There are many other appealing and delicious recipes. Most of the ingredients in the recipes are available in our small mid-western university town supermarkets but others are a bit esoteric. However, they can be found in our local health food store. *Zest for Life* is well worth the read and the recipes.

*Zest for Life* is a cookbook with a difference. The first third of the book provides a well-informed, easy to read explanation of why we should eat more healthily. Conner Middelman-Whitney focuses on good nutrition as a means of cancer prevention. She is not claiming that you will never get cancer if you follow her guidelines and recipes, but she is showing us a way to a healthier lifestyle that will certainly reduce our chances of developing cancer, as well as reduce our chances of being obese, and developing other diet related problems. Enticing healthy recipes make up two thirds of the book. Some of my favourites include Artichoke heart snacks, to French staples such as NiÃfÂsoise salad and Onion soup, Leek and salmon frittata, Garlic-crust baked cod, Chicken and red wine stew, Roast asparagus, Pumpkin mash, and Almond waffles with blueberry sauce. There are recipes for all types of meals. Conner Middelman-Whitney's thorough and well-referenced research helps us understand why it is better to choose organic produce, how to choose cooking pots and utensils which will not add undesirable substance to our food, and how to use cooking methods that retain the optimum nutrition in our food. She provides tips on where and how to shop, and how to prepare healthy snacks to eat on the go. Nearly all of the recipes are free of wheat and of cow/dairy products, so they are suitable for those with a celiac condition and gluten or lactose intolerance. The few that include cheeses use goat and sheep cheeses, which can be left out if you wish. Interesting alternatives for wheat include a Pizza base made of ground almonds and flax seed, held together with eggs. Dairy cream is replaced with Cashew cream. If you are looking for a healthier, tastier, and more imaginative diet, this is the cookbook for you.

I've made a number of the recipes and each one was absolutely delicious. I'm not a seasoned chef so for me the instructions were very easy to follow and got me to try new herbs and combinations of ingredients. My kids who tend to be picky eaters also loved the meals. We especially enjoyed the

garlic, lemon and herb griddled chicken and the mediterranean baked fish.

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