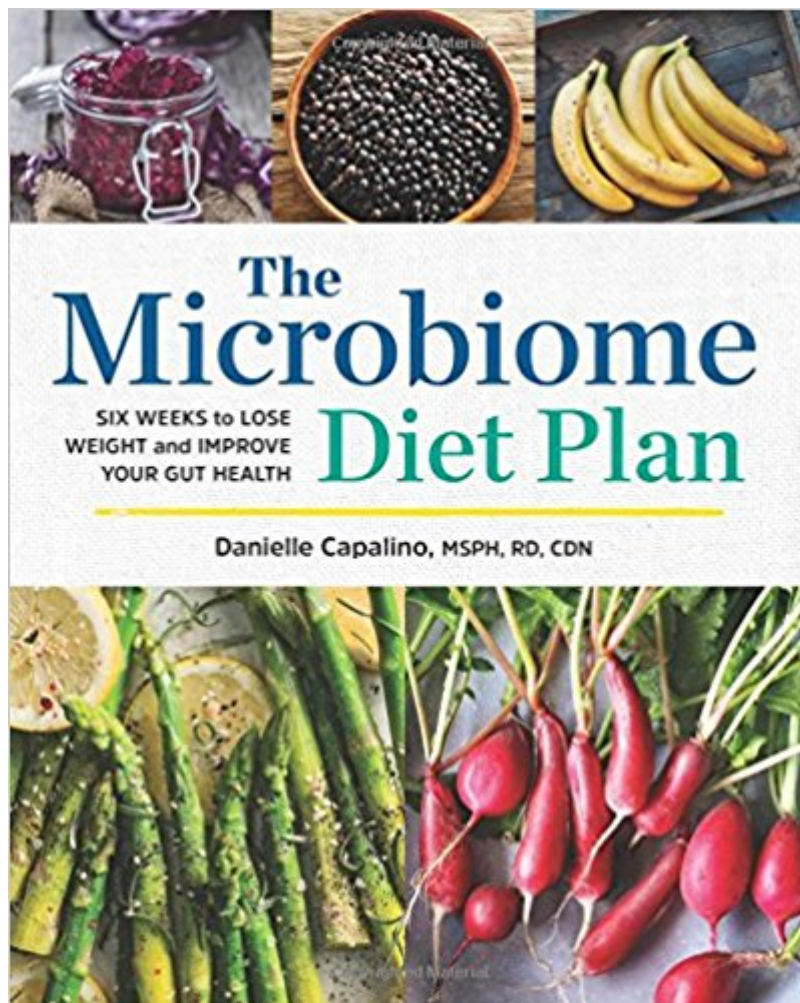




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The Microbiome Diet Plan: Six Weeks To Lose Weight And Improve Your Gut Health



Synopsis

In *The Microbiome Diet Plan*, Danielle Capalino arms you with an implementable six-week plan to eat your way towards weight loss and digestive health. This book will be a valuable resource for anyone looking to feel better, and look better, starting from the inside out.

Dr. Gerard E. Mullin, a gastroenterologist, nutritionist, author of *The Gut Balance Revolution*, and creator of *The Food MD* blog. Today more than 70 million Americans suffer from digestive issues, with two in three adults considered overweight. Recent studies show that successful weight loss and a calm digestive system begin with a healthy microbiome—the good bacteria that live in your gut and influence everything from weight to mood. But knowing exactly how to begin a microbiome diet can be difficult. Luckily, registered dietitian and digestive health specialist Danielle Capalino has helped her clients do exactly that. Now, the microbiome diet expert delivers the guidance she offers in her New York based private practice straight to your home with *The Microbiome Diet Plan*. With clear explanations of the microbiome/weight-loss relationship, and an actionable plan to begin restoring and repairing your microbiome today, *The Microbiome Diet Plan* makes it easier than ever to begin your journey towards a healthier microbiome and a slimmer waistline. A structured 2-phase meal plan takes the guesswork out of what to eat during the first six weeks on the microbiome diet. 125+ simple, affordable, and delicious recipes keep you soothed and satisfied well beyond the initial meal plan. Practical weekly menus and shopping lists are designed for real schedules, with plenty of microbiome diet friendly grab-and-go meals, make-ahead tips, and options for leftovers. Accessible and effective, *The Microbiome Diet Plan* will have you on your way to a more balanced microbiome and healthier weight sooner than you think.

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Customer Reviews

"Working professionally in the world of food sensitivities, intolerances and severe food allergies, I understand how helpful The Microbiome Diet Plan can be. Danielle Capalino explains how to improve your health by optimizing your gut bacteria, something everyone can benefit from. Shopping lists and a detailed 6-week plan with recipes are given to guide you step by step. Making diet changes can be challenging, but don't fear, Danielle knows this and sets you up to win!"
"Miriam Pearl, CEO of Delicious Without Gluten "For people interested in an eating plan to improve their tummy troubles, this is your guide. Digestive health expert and registered dietitian Danielle Capalino shows you just how simple eating for gut health can be. With her delicious recipes, easy-to-follow 2-phase meal plan, and organized shopping lists, Capalino takes the guess work out of the Microbiome diet so you can feel your best in no time."
"Jessica Jones, MS, RDN, CDE, co-founder of Food Heaven Made Easy, author of 28 Day Plant-Powered Health Reboot

DANIELLE CAPALINO, MSPH, RD, CDN is a Registered Dietitian specializing in digestive health. She provides nutrition-counseling services out of her private practice in Manhattan, NY. Danielle's passion for digestive health was fostered while receiving her Master's degree in Public Health Nutrition from the Johns Hopkins Bloomberg School of Public Health. Danielle is also a Certified Dietitian Nutritionist in the state of New York. She is the author of Healthy Gut, Flat Stomach (Countryman Press, 2017.) Learn more at daniellecapalino.com.

I got this book for the recipes not for the diet itself. I did read through the diet plan and thought that it was personally laid out well, with a 2 phase plan. There is easy to follow charts to help you pick the proper foods to eat, weekly shopping lists and meal plans. I liked the way it was all laid out for you and it seems like it would be a great way to get started with this way of eating. Now the reason that I got this book was for Recipes (I collect recipes, all kinds): I liked the fact they were recipes that you can make ahead, this is always a plus for me as it cuts down on my time in the kitchen. There were several recipes in this book that I have added to my collection, recipes where I think my kids will enjoy and those without hard to find ingredients. The photos in this book are beautiful, but I wish there were photos of the recipes, but this isn't a horrible con. I found that some of the recipes called for items that would be very difficult for me to find where I live, so this is a Con for me, I prefer

recipes with items that I can find at my local grocery store, but if you are somewhere, where there are more whole food markets, this will not be an issue for you. Overall I liked this book and found several recipes for my collection.

This is incredible book that explains in very simple terms the importance of gut health. It explains about the importance of prebiotics in our diet and probiotics in our diet also. Without the proper gut health the absorption of the nutrients that we need for optimal health is diminished drastically. I was very impressed with this book and how it was simplified so that a common person such as myself understood the wisdom it imparts. Would I recommend this book to other people? Yes I would including friends and family..I absolutely think this is great book. All opinions are my own and they are not influenced by anyone but myself.If this review helped you at all please vote yes below.

Explains how to change your eating "in steps" so you can notice how different you feel as you eliminate this and add that. Very well presented, organized, and easy-to-follow recipes, with some photos. If I could change anything, it would be adding the names of the dishes in the photos so I can find those delicious-looking recipes!

The strength of this book is its simple, tasty recipes with an emphasis on fiber! The prep times for some of the recipes start from only 5 minutes, making the book a valuable tool for families short on time. Beautifully laid out, it is a pleasure to read. The book's introductory chapters, while engagingly written and easy to understand, should not be thought of as a summary of the up-to-date science. Because the guidelines the author gives are a combination of evidence-based information (e.g. eating more fiber) and things she has a "gut feel" about from her clinical practice (e.g. gluten avoidance without diagnostic testing), the book should be seen more as Capalino's personal brand of microbiome diet rather than something that has been tested for real medical benefits.

I was super excited for this book! I loved that it tells you EXACTLY what to eat DAILY! It has a weekly shopping list and tells you exactly what to buy including quantities, breakfast/lunch/dinner/snack recipes... very easy... BUT the weekly grocery list is extremely long and difficult to find at one store, which was disappointing. The author stated that the initial week's list would be long bc I had basically nothing to start with.. hence I was ok with that, but then after completing the first week I looked at the list for the 2nd and 3rd weeks and just felt let down, lied to, and discouraged. Those lists felt even longer bc there were NEW things to buy that were not on the

week prior, including new pantry staples...and of course I had to replenish what I had used the week before so it felt like I was starting over again... and it became too costly. And the recipes do take longer than the prep/cook time listed in the book... example: breakfast is quinoa almond flour muffin - 10 min prep, 25 min cook... but one of the ingredients is "cooked quinoa." Now I do not have cooked quinoa just laying around, it took me another 15 mins to make that... etc etc. So if you have time, money, motivation then this is an awesome starter.

Now this cookbook is new to me because I never knew how many people they have problem with their gut health and how to optimize the bacteria when you got this book close to telling you about it the benefits of symbiosis, what is dysbiosis, health conditions that can be linked to damage your gut microbe, the symptoms of gut destruction and choosing the foods to make get healthier. Each chapter tells you phase 1 you need to restore it, phase 2 you need to sustain it and then the next part is the recipes to eat some of the recipes you will find in here are a chocolate almond smoothie, fried eggs over grains and beans, vanilla Chia seed put in with strawberries and almonds, tuna salad lettuce wraps, simple lentil soup, slow cooker Korean beef tacos were real slow, herbed olive oil, grilled peaches and vanilla yogurt. So this book gives you a lot of great information I know this because it can be helpful for me as I'm overweight and it says right in there that people that are overweight are going to have complications because of the type of bacteria differs. I got this free in exchange for a review which was not something I had to do this is my own opinion which may be different than yours.

It's more than taking a Probiotic supplement and hoping for the best. This book goes into fascinating detail of how to get and maintain, a healthy gut! Well worth the price and time to have this at your fingertips! I took advantage of an offer from the publisher to get this book free and with no obligations. This review is given by choice.

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