



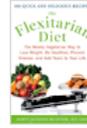
one day a week cut out meat

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## Go Flexitarian For Your Health

(<http://www.meatlessmonday.com/flexitarianism-offers-food-freedom/>)

Dawn Jackson Blatner, a registered dietitian, considered herself a vegetarian. Her diet consisted almost entirely of plant-based foods, but she didn't want to deprive herself of the occasional hamburger at a back yard barbeque or her favorite family recipes. Rather than remain a "closet meat-eater", Dawn redefined her habits. She embraced the term "flexitarian" or, "flexible vegetarian", and began sharing her lifestyle with her clients.



Blatner's book, *The Flexitarian Diet* (<http://dawnjacksonblatner.com/books/faq.php>), shows readers that they can achieve the health benefits of vegetarianism without having to give up their favorite meals.

Decreasing the amount of meat in your diet can have a variety of positive health benefits. A recent study published in *The New York Times* found a direct correlation between the amount of meat individuals ate and their life expectancy. In *The Flexitarian Diet*, Blatner adds that those who eat a semi-vegetarian diet have a lower risk of heart disease, diabetes and cancer. Vegetarians also weigh 15 percent less than non-vegetarians on average. Blatner encourages us all to take steps towards improved health and fitness by reducing our meat consumption slowly and making dietary changes part of our normal routine.

*The Flexitarian Diet* also offers tips and recipes that make it easy to choose healthy, meatless meals. The book contains five weeks' worth of easy-to-make recipes, many of which offer the option to "flex swap" plant-based ingredients for meat or dairy. Blatner also provides cooking tips on a variety of produce, beans, nuts and meat substitutes.

Dawn encourages breaking away from the monotony of the standard American diet by trying new ingredients alongside familiar favorites. We at Meatless Monday couldn't agree more! Healthy, plant-based meals can be an opportunity to experience wonderful new foods and flavors. *The Flexitarian Diet* shows us how to gradually add variety to the table, without asking us to give up the comfort foods we have grown to love. Start on your own flexitarian diet this week with a Meatless Monday and this easy recipe for [Spicy Breakfast Burritos](http://www.meatlessmonday.com/spicy-breakfast-burrito/) (<http://www.meatlessmonday.com/spicy-breakfast-burrito/>)

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