



The Gorgeously Green Diet: How to Live Lean and Green

Sophie Uliano

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From the *New York Times* bestselling author, a 30-day plan to a leaner body

In the follow-up book to her bestselling *Gorgeously Green*, Sophie Uliano reveals the secrets to getting slim while being good to the planet. It turns out that eating local, organic, foods doesn't have to be expensive, and a healthy meal can be made in 30 minutes or less, all while shedding pounds.

In her relatable, girlfriend-to-girlfriend tone, Uliano pledges that anyone can go green and lean, no matter where they live or what resources they have. Uliano recognizes that dieting and going green are big lifestyle changes and makes it easy for readers to commit to both by allowing them to personalize their plans according to their needs. The book has three diet plans-light green, bright green and deep green- that depend on how much time, travel, and money readers want to commit to going green. The three plans promise the same amount of weight loss, but the darker green the plan is, the greater the commitment the reader makes to reducing waste, going organic and staying carbon neutral.

Each diet plan emphasizes natural, seasonal, whole foods that are not only better for the planet, but better for the body. Uliano explains how over-processed, over-produced foods contain fewer nutrients, are harder to digest and are more likely to be stored as fat. With 4-week eating plans for each shade of green, she shows readers how to wean themselves off of processed, manufactured foods and onto fresh vegetables and meat. The book recommends products, brands and websites and has over 100 recipes-every tool readers need to get lean while going green.

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