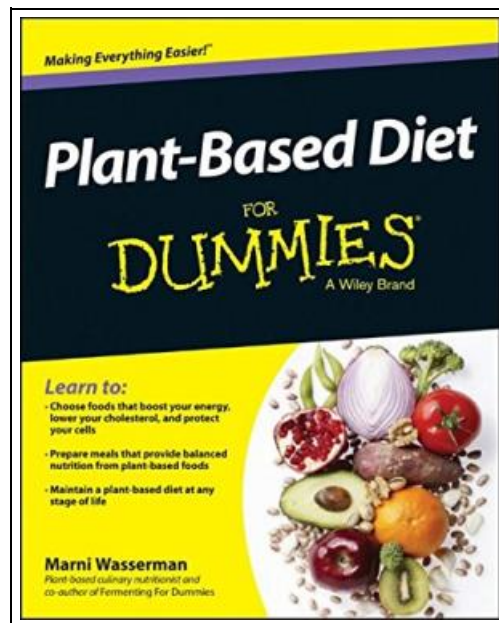


Plant-Based Diet For Dummies



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Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Conor Grant)

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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Plant-Based Diet For Dummies, Marni Wasserman, Consumer Dummies, Get healthy, lose weight, and feel great on a plant-based diet The benefits of a plant-based diet have been publicized far and wide, and you can no longer deny it-you're fully ready to experience the health benefits of this lifestyle. Plant-Based Diet For Dummies has been created to help even the most stubborn carnivores adapt to and even learn to find joy in a plant-based diet. Besides providing useful tips, delicious recipes, and meal ideas, this lively resource discusses all you have to gain from adopting healthier eating habits, including a decreased risk for cancer, a lower risk of heart disease and stroke, a lower cholesterol count and blood pressure, and a lower risk, and prevention, of diabetes. A meat-free lifestyle has many benefits for your body, and author Marni Wasserman takes you on a journey of discovery into the exciting world of fruits, vegetables, and other nutrient-rich foods. A plant-based diet, while similar to vegetarian and vegan diets, is different in that it allows an individual to experience the benefits of vegetarianism without focusing on the politics of a meat-free lifestyle. This book takes the mystery out of adopting better food habits and making better meal choices. It shows you how to stock your kitchen, cook fantastic meals, and discover the wealth of delicious ingredients at your fingertips. Discusses how to improve energy, lower cholesterol, and protect the body's cells, all through better diet options Includes more than 40 mouthwatering recipes and sample menu plans Gives specific advice and instructions for athletes, those battling illnesses, expectant parents, seniors, and children Covers which plant foods are good sources of fat, protein, complex carbohydrates, and fiber Get healthy, lose weight, and feel...

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