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The Plant-based Power Diet

Do you want to enjoy the benefits of a healthier life, but you don't have the money to buy tons of food? Are you worried that going plant-based will be too expensive? Or do you want to discover tons of delicious recipes which you can create with minimal time and hassle? Then this book is for you. The plant-based diet is a proven, practical way to improve your health and enjoy a healthier lifestyle. Far from being difficult or costly, this amazing eating plan lets you get back to natural, nutritious, and deeply rewarding food. Even if you don't have any prior cooking experience, these recipes come with step-by-step instructions which even a complete beginner can follow. If you want to ditch meat, say goodbye to processed food, and

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return to naturally nutritious meals, then this book is for you. Here's just a little of what you'll discover inside: Tips and Tricks For Going Plant-Based on a Budget Delicious and Healthy Breakfast Recipes To Kickstart Your Day! Unique Lunch and Dinner Ideas To Add a Creative Flair To Your Meals Tons of Grains, Beans, Soups, Stews, Salads and More Mouth-Watering and Nutritious Dessert Ideas And So Much More! Ready to uncover the wonders of the plant-based diet for yourself?

The China Study

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.*
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap*
- Essential plant-based pantry and equipment tips*
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements*

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

21-Day Weight Loss Kickstart

NEW YORK TIMES BESTSELLER As Featured on PBS How to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan. As a family physician for over 30 years and #1 New York Times bestselling author Joel Fuhrman, M.D. will tell you that doctors and medications cannot grant you excellent health or

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protection from disease and suffering. The most effective health-care is proper self-care and that starts with changing the way we eat. Eat for Life delivers a science-backed nutrition-based program that prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up. The truth is: you simply do not have to be sick. Most Americans are deficient in the vitamins, minerals and phytonutrients found in plants (micronutrients), and consume too many fats, proteins, carbohydrates (macronutrients). The results of this standard diet is that we are not only shortening our lives but damaging our energy, vitality, and daily health by eating packaged and processed foods, excessive meat and dairy, and unsustainable amounts of salt and sugar. What we need is to consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds. These delicious and abundant foods contain the largest assortment of micronutrients and when consumed in adequate quantities they prevent and reverse diabetes and heart-disease, lower cholesterol and blood pressure, and reduce hunger and food cravings. Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, Eat for Life offers everything you need to change the course of your health and put this life-changing program to work for you.

The Engine 2 Diet

Lose weight, increase energy, and boost your immunity—without giving up meat! "With her flexible mix-and-match plans, Dawn Jackson Blatner gives us a smart new approach to cooking and eating." --Joy Bauer, M.S., RD, CDN, "Today" show dietitian and bestselling author of Joy Bauer's Food Cures "The Flexitarian Diet is a fresh approach to eating that's balanced, smart, and completely do-able." --Ellie Krieger, host of Food Network's "Healthy Appetite" and author of The Food You Crave "Offers a comprehensive, simple-to-follow approach to flexitarian eating--the most modern, adaptable, delicious way to eat out there." --Frances Largeman-Roth, RD, senior food and nutrition editor of Health magazine "It's about time someone told consumers interested in taking control of their weight and health how to get the

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benefits of a vegetarian lifestyle without having to cut meat completely out of their life." --Byrd Schas, senior health producer, New Media, Lifetime Entertainment Services Introducing the flexible way to eat healthy, slim down, and feel great! "Flexitarianism" is the hot new term for healthy dieting that minimizes meat without excluding it altogether. This ingenious plan from a high-profile nutritionist shows you how to use "flexfoods" to get the necessary protein and nutrients--with just a little meat for those who crave it. As the name implies, it's all about flexibility, giving you a range of options: flexible meal plans, meat-substitute recipes, and weight loss tips. Plus: it's a great way to introduce the benefits of vegetarianism into your family's lifestyle. Enjoy these Five Flex Food Groups: Flex Food Group One: Meat Alternatives (Beans, peas, lentils, nuts, and seeds; Vegetarian versions of meats; Tofu; Eggs) Flex Food Group Two: Vegetables and Fruits Flex Food Group Three: Grains (Barley, corn, millet, oat, quinoa, rice, wheat, pasta) Flex Food Group Four: Dairy Flex Food Group Five: Natural flavor-enhancers (Spices, buttermilk ranch, chili powder, cinnamon, Italian seasoning, herbs; Fats, oils, butter spreads; Sweeteners, granulated sugars, honey, chocolate; Ketchup, mustard, salad dressing, vinegars, low-fat sour cream)

The Whole Foods Plant Based Diet

Winner, IACP Cookbook Awards for Single Subject and People's Choice. The skills of butchery meet the world of fresh produce in this essential, inspiring guide that demystifies the world of vegetables. In step-by-step photographs, "vegetable butcher" Cara Mangini shows how to break down a butternut squash, cut a cauliflower into steaks, peel a tomato properly, chiffonade kale, turn carrots into coins and parsnips into matchsticks, and find the meaty heart of an artichoke. Additionally, more than 150 original, simple recipes put vegetables front and center, from a Kohlrabi Carpaccio to Zucchini, Sweet Corn, and Basil Penne, to a Parsnip-Ginger Layer Cake to sweeten a winter meal. It's everything you need to know to get the best out of modern, sexy, and extraordinarily delicious vegetables.

Plant-Based on a Budget

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Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including:

- 5-Ingredient Peanut Butter Bites
- Banana Zucchini Pancakes
- Sick Day Soup
- Lentils and Sweet Potato Bowl
- PB Ramen Stir Fry
- Tofu Veggie Gravy Bowl
- Jackfruit Carnita Tacos
- Depression Era Cupcakes
- Real Deal Chocolate Chip Cookies

With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

Minimalist Baker's Everyday Cooking

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

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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 great on a plant-based diet.

VB6

From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In How Not to Die, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure?

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Hibiscus tea can work better than a leading hypertensive drug-and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, How Not to Die includes Dr. Greger's Daily Dozen -a checklist of the twelve foods we should consume every day.Full of practical, actionable advice and surprising, cutting edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

The Plant-Based Athlete

With more and more physicians promoting grass-fed beef, free-range eggs, and organic butter as miracle foods, have we forgotten about the scientifically proven power of a vegan diet? Leading cardiologist Dr. Joel Kahn wants to set the record straight-eating plants can save your life and the planet too. With The Plant-Based Solution, Dr. Kahn provides a comprehensive guide for moving toward a plant-based diet, supported by decades of scientific studies on our health and our environment. A vegan of over 30 years, Dr. Kahn includes a 21-day plan for implementing changes in your own life, complete with easy and delicious recipes from his popular vegan restaurant, the Greenspace Café in Ferndale, Michigan. Join Dr. Kahn to explore: Expanding compassion through vegan living; how plant-based eating impacts global warming; plants and your gut health; major religions and veganism; the surprising link between vegan diets and sex drive; reversing cancer and autoimmune disease; why plants might hold the key to better aging; and more!

The Plant-Based Diet for Beginners

Going vegan? Here's the go-to-guide, with a six-step transition plan to a plant-based diet, with detailed nutritional information for everyone from athletes to kids to pregnant women.

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Whether you're considering going vegan or just want to learn more about plant-based nutrition, Vegan for Life is your comprehensive, go-to guide for optimal healthy eating. Registered dietitians and long-time vegans Jack Norris and Virginia Messina debunk some of the most persistent myths about vegan nutrition and provide essential information about getting enough calcium and protein, finding the best supplements, and understanding the "real deal" about soy. Covering everything from a six-step transition plan to meeting protein requirements and even calorie and nutrient needs during pregnancy and breastfeeding, Vegan for Life is the guide for aspiring and veteran vegans alike, complete with an easy-to-use food chart, tasty substitutions, sample menus, and expansive resources.

Vegan for Her

The Plant Based Diet Meal Plan offers the simplest, most effective approach for starting--and maintaining--a plant based diet. To realize the benefits of a plant based diet, you need two things: an action plan that gets you started, and simple recipes that keep you going. With this in mind, holistic nutritionist Heather Nicholds created The Plant Based Diet Meal Plan--a complete 3-week meal plan followed by more than 100 easy, delicious plant based recipes. In The Plant Based Diet Meal Plan, Heather's combines her knowledge of whole-food nutrition with her love of exciting flavors, delivering everything you need to enjoy a healthful plant based diet. Equal parts action plan and cookbook, The Plant Based Diet Meal Plan includes: A Plant Based Diet Overview that features specific health benefits, guidance for deprivation-free weight loss, and the top 10 plant based superfoods A 3-Week Plant Based Diet Meal Plan that includes weekly shopping lists and plant based diet menus for breakfast, lunch, and dinner 100+ Plant Based Diet Recipe--smoothies and salads to mains and desserts that include key macronutrient information From weight loss to improved health, The Plant Based Diet Meal Plan has the action plan and recipes to start your plant based diet today--and stick with it tomorrow.

Drawdown

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An environmental foodie on a holistic path, Heather Thomas is mindfully committed to creating positive change, nurturing nature connection, and transforming the way we eat. Part practical, part meditative, The Mindful Kitchen infuses the everyday with simple nature-related rituals to reinforce thoughts as positive actions, creating focus, awareness and translating intent into lifestyle. Bite-size philosophical notes, meaningful questions, joyful rituals, and an abundant feast of vegetarian recipes are mindfully stirred together in this new-wave cookbook. Offering 100 seasonal recipes, this beautifully illustrated culinary go-to encourages you to make mindful choices through how and what you eat. Add empowering flavors for wellbeing – inspiration, curiosity, and awareness – and this is destined to be a must have in every kitchen library. With fresh takes on old favorites, and new dishes to tickle the taste buds, there's a recipe for every season. The recipes include a mix of fresh takes on family classics and completely fresh ideas, including Leek and Hazelnut Risotto, Spiced Pumpkin and Coconut Soup, Preserved Pizza, Zero Waste Veggie Broth, Rhubarb and Lentil Curry, Oatmeal Honey Bread, and Apple Cake Lasagne.

Vegan for Life

What if there was a way of eating that may help us live healthier for longer and protect the future of our planet, too? The good news is that evidence now shows a plant-based diet may offer us exactly that – and straight-talking nutritionist Simon Hill has done the hard work translating the science into actionable advice for everyday life. Before transitioning to a plant-based diet Simon held many of the common misconceptions. But instead he experienced incredible improvements in his energy levels, digestion, mental clarity and post-workout recovery after making the shift. He'd finally understood the power of food and was determined to find out – and share – the agenda-free truth about the optimum diet for human health. By undertaking a master's degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of his internationally successful Plant Proof podcast, Simon has pursued the answers to all the questions he had about fuelling our bodies with more plants. Now, in his first book, he brings it all together into one inspiring and practical

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guide. It covers: - The reasons why we're all so confused about what to eat - The evidence showing how a plant-based diet might reduce risks of heart attacks and strokes, type 2 diabetes, cancer and dementia - The positive impact of plant-based living for the climate and animal welfare - Common myths about a plant-based diet - and what the real facts are - How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients - Practical tips for making the shift, and much more. If you want to understand and unlock the many benefits of putting more plants on your plate, this book is for you.

The Plant-Based Solution

Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections, the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients and substances whose intakes are related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from dietary patterns to specific nutrients and substances Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism Addresses the

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different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism

The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life

THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF THE GREENPRINT AND CREATOR OF 22 DAYS NUTRITION—WITH A FOREWORD BY BEYONCÉ. A groundbreaking plant based, vegan program designed to transform your mental, emotional, and physical health in just 22 days—includes an Introduction by Dr. Dean Ornish. Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of today's most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan and Shakira have all turned to him for his expertise. Beyoncé is such an avid supporter that she's partnered with Borges to launch 22 Days Nutrition, his plant-based home delivery meal service. Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you'll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life—helping you to live the life you want, not just the one you have.

Plant-Based Nutrition, 2E

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*The healthy vegan diet—made easy. Vegans face their own special challenges when it comes to nutrition and this book provides answers. There are about one million vegans in the U.S. and about 50,000 new ones every year. A growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In *The Complete Idiot's Guide® to Plant-Based Nutrition*, readers will find: ? Where to get nutrients that others get from meat and dairy. ? How to avoid the vegan pitfall of overfed but undernourished. ? How to spot hidden animal ingredients in packaged foods. ? Tips for eating at restaurants. ? Special considerations for children and seniors.*

The Plant-Based Diet for Beginners

Vegan for Her, a blueprint for optimal health and wellness at any age, will show you how to: lower your risk for breast cancer and heart disease; manage conditions like arthritis and migraines; diminish PMS and cramps; build strong bones for life; enhance fertility; make an easy transition to a vegan diet; and incorporate principles of both fashion and compassion into your home and wardrobe.

Eat to Live

Dr. Neal D. Barnard's proven, successful weight loss program---featured on PBS Presents---will help you drop pounds, lower cholesterol and blood pressure, improve blood sugar, and feel better. Dr. Neal D. Barnard is at the forefront of cutting-edge research on what it really takes to lose weight and restore the body to optimal health. With Dr. Barnard's advice on how to easily start a plant-based diet, you'll learn the secrets to reprogramming your body quickly: Appetite reduction: Strategically choose the right foods to naturally and easily tame your appetite. Metabolism boost: Adjust eating patterns to burn calories faster for about three hours after each meal. Cardio protection: Discover the powerful foods that can help reduce cholesterol nearly as much as drugs do in just weeks. Whether you are one of the millions who are anxious to get a jumpstart on weight loss or who already know about the

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benefits of a plant-based diet but have no idea how or where to start, this book is the kickstart you've been waiting for. Complete with more than sixty recipes, daily meal plans for the 21-day program, tips for grocery shopping, and more, this book will teach you how to make the best food choices and get your body on the fast track to better health.

Plant-Based Diet For Dummies

This collection takes an interdisciplinary look at how the transformation towards plant-based diets is becoming more culturally acceptable, economically accessible, technically available and politically viable. We offer strategies for achieving sustainable food systems without having to forgo succulence, sensuality and sacredness of food. Shifting food systems is one of humanity's biggest challenges and greatest opportunities. This book explores adaptable and health-promoting plant-based diets, which by their nature can support nourishing environmental, social, ethical, political, and economic outcomes. In this book, detailed descriptions are provided of what constitutes a healthy plant-based diet and active lifestyle. Readers are invited to engage with a community of practitioners delving more deeply into strategies for transitioning societies to greater succulence and sustainability. Throughout the first section of the book, environmental challenges and opportunities for reversing climate change are highlighted as our most urgent action. The focus then turns to global food systems and the intersections that are undermining human and animal health. The final section offers preventative approaches and encourages reorienting systems of law, economics and education to exemplify integrity, coordination, coherence and compassion. This book will be of interest to students and academics, as well as policy professionals in all fields engaging with complex issues and systems analyses. It will be of value to those working in health services, policy development, agriculture, economic development, and social change as it provides steps to enhance well-being, pathways to increase jobs in the green economy, and practical ideas to reverse greenhouse gas emissions. It may also be a superb guide for individuals and families looking to become vibrant eaters and leaders.

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The Mindful Kitchen

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 great on a plant-based diet.

The Complete Idiot's Guide to Plant-Based Nutrition

The only research-based guide for connecting a plant-based diet with long-term strength, endurance, and peak athletic performance, featuring interviews with professional athletes who've made the switch from meat to plants. The Plant-Based Athlete by Matt Frazier and Robert Cheeke offers a persuasive body of evidence for adopting a plant-based lifestyle to

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achieve endurance, flexibility, sport, training, or lifting goals. Featuring more than 60 recipes, insights from famous plant-based athletes, and explosive scientific research, it is the ultimate invitation for joining the growing community of athletes (from elites to weekend warriors) who use plants to power their workouts and their every day.

Plant Based Diet in 30 Minutes

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

The 22-Day Revolution

In "Eat Plants Feel Whole," Dr. George Guthrie shows you the benefits of a whole-food, plant-based (beyond vegan) lifestyle and where to begin. For over thirty years, Dr. Guthrie has been helping his patients achieve better health through an evidence-based, whole-food, plant-based lifestyle. Here, he shares not only his years of experience, but the scientific evidence for this powerful lifestyle. "Eat Plants Feel Whole" includes an 18-day QuickStart Plan, 50 plant-based recipes, a starter menu, shopping list, and lifestyle tips. In short, everything you need to initiate your health transformation.

Eat for Life

Look, life is full of choices, and you have to make choices every day. Every single day we've got to decide what food to eat, where to go, what to wear, and just about everything else. But to be honest, most of us don't have a clue what we're doing. We're making choices based

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on what we've always done rather than what's best for us. The plant-based diet is a diet that includes foods derived from plants and is a lifestyle that is becoming increasingly popular. With the rapid growth of the plant-based food movement, many people ask themselves: what is the most nutritious and effective way to eat? This book covers: What Is a Plant-Based Diet? Benefits Foods to Eat Foods You Should Minimize Foods to Avoid Breakfast recipes Lunch recipes Dinner recipes Dessert recipes 30-day meal plan With the variety and abundance of recipes described in this manual, you'll learn that eating plant-based is very pleasurable.

Men's Health Plant-Based Eating

From the creators of the groundbreaking documentary comes the New York Times bestselling diet plan Sanjay Gupta called "the prescription you need to live a long, healthy life"—a plan to transition to a delicious whole-foods, plant-based diet in just twenty-eight days. The trailblazing film Forks Over Knives helped spark a medical and nutritional revolution. Backed by scientific research, the film's doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat, dairy, and highly refined foods off the plate and adopting a whole-food, plant-based diet instead. Now, The Forks Over Knives Plan shows you how to put this life-saving, delicious diet into practice in your own life. This easy-to-follow, meal-by-meal makeover is the approach Doctors Alona Pulde and Matthew Lederman (featured in the documentary) use every day in their nutritional health practice—a simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium. In just four short weeks you'll learn how to stock your refrigerator, plan meals, combat cravings, and discover all the tips and tricks you'll need to eat on the go and snack healthily. You'll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, a 28-day eating guide, and advice throughout the book from people just like you. Whether you're already a convert and just want a dietary reboot, or you're trying a plant-based diet for the first time, The Forks Over Knives Plan makes it easier than ever to transition to this healthiest way of eating...and to maintain it for life.

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The Vegetable Butcher

• *New York Times* bestseller • *The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world* “At this point in time, the *Drawdown* book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope.” –Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* “There’s been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom.” –David Roberts, *Vox* “This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook.” –Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth’s warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.

A Couple Cooks - Pretty Simple Cooking

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Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition--several had dangerously high cholesterol levels (the highest was 344!)--he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes--from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts--that will keep you looking forward to every bite Pantry--stocking tips will take the panic out of inevitable cravings and on-the-fly meals Guidelines on menu choices that will allow you to eat out, wherever and whenever you want Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being--all without heroic effort. "Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease

The Proof is in the Plants

By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't matter. Carbs are the real reason you can't lose weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and

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beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears. In The Low-Carb Fraud, longtime leader in the nutritional science field T. Colin Campbell (author of The China Study and Whole) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as "carbs" aren't all created equal—and treating them that way has major consequences for our nutritional well-being. If you're considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

Plant-Based Diets for Succulence and Sustainability

The healthy diet plan that's become a million-copy word-of-mouth bestseller -- now completely revised and updated. Hailed a "medical breakthrough" by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shocking amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly—and keep them off.

Vegetarian and Plant-Based Diets in Health and Disease Prevention

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The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers—and now, their life-changing research is making headlines in the hit documentary Forks Over Knives. Their answer? Eat a whole-foods, plant-based diet—it could save your life. It may overturn most of the diet advice you've heard—but the experts behind Forks Over Knives aren't afraid to make waves. In his book Prevent and Reverse Heart Disease, Dr. Caldwell Esselstyn explained that eating meat, dairy, and oils injures the lining of our blood vessels, causing heart disease, heart attack, or stroke. In The China Study, Dr. Colin Campbell revealed how cancer and other diseases skyrocket when eating meat and dairy is the norm—and plummet when a traditional plant-based diet persists. And more and more experts are adding their voices to the cause: There is nothing else you can do for your health that can match the benefits of a plant-based diet. Now, as Forks Over Knives is introducing more people than ever before to the plant-based way to health, this accessible guide provides the information you need to adopt and maintain a plant-based diet. Features include: Insights from the luminaries behind the film—Dr. Neal Barnard, Dr. John McDougall, The Engine 2 Diet author Rip Esselstyn, and many others Success stories from converts to plant-based eating—like San'Dera Prude, who no longer needs to medicate her diabetes, has lost weight, and feels great! The many benefits of a whole-foods, plant-based diet—for you, for animals and the environment, and for our future A helpful primer on crafting a healthy diet rich in unprocessed fruits, vegetables, legumes, and whole grains, including tips on transitioning and essential kitchen tools 125 recipes from 25 champions of plant-based dining—from Blueberry Oat Breakfast Muffins and Sunny Orange Yam Bisque to Garlic Rosemary Polenta and Raspberry-Pear Crisp—delicious, healthy, and for every meal, every day.

The Plant-based Diet Meal Plan

A definitive guide to a plant-based diet, with 100+ easy and satisfying recipes packed with all the nutrition and energy to fuel great workouts and even lose weight. Plants have superpowers. They can fill your stomach, fuel your workouts, and even extend your life. But

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for some people, a plant-based diet might seem stressful, especially if they believe the "experts" who tell us to eat only plants. Not true. Smart plant-based diets are nutritious and delicious and still make room for meat, fish, dairy and eggs. In fact, they aren't diets at all, but blueprints for a lifetime of eating well. The recipes and simple guidelines in Men's Health Plant-Based Eating, devised with help from some of the most brilliant minds in nutrition, will help you harness the full powers of plants. Inside you'll find:

- Five simple steps to start eating plant-based meals
- 100+ filling and flavorful recipes
- The top 15 plant-based protein sources. You'll never guess the plant that offers a whopping 19 grams per ½ cup. Hint: It's NOT tofu.
- Plant-based shakes that help you build muscle fast
- Six amazing grains for weight loss
- A foreword by Brian St. Pierre RD, CSCS and a comprehensive introduction by Paul Kita, food and nutrition editor for Men's Health
- Vibrant color photos and complete nutrition information with every recipe
- Lie-flat binding for easy use

With this cookbook, you'll learn how to make dozens of hearty, delicious meals so you can add muscle, defend against disease, maintain a healthy weight, and unleash a ton of energy.

Forks Over Knives

A plant-based diet has enormous potential to optimize your health, restore your energy, and shed excess body fat. It's an evidence-based approach to eating that offers more fibre, antioxidants, and health-enhancing phytochemicals than any other diet. The Plant-Based Power Diet shows you how to follow the simple rules of plant-based nutrition to get all the nutrients you need. You'll find out how to replace animal protein foods such as beef and poultry with healthier, protein-packed plant foods and how to maximize your nutrition. Step by step, you'll learn easy ways to incorporate a wide variety of vegetables, fruits, and whole grains into your daily diet to boost your intake of fibre, vitamins, minerals, and antioxidants. In the process, you'll discover new and delicious foods that will become staples in your diet. With an easy-to-follow, fourteen-day meal plan, along with plenty of healthy cooking tips and more than fifty delicious recipes, The Plant-Based Power Diet will get you started on the path to plant-based eating—and a healthier, leaner, and more energetic

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you.

How Not to Die

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

Eat Plants Feel Whole

One of the best motivators for people transitioning to plant-based eating comes from how great they feel and how much more than can do in their lives once they're feeling healthier If you want to start a plant-based diet but don't know exactly where to start, don't worry! This book is just for you. In this #1 best seller, you'll learn how to cook 2019's most affordable, quick & easy plant-based recipes. This Plant-Based Diet for Beginners contains the following categories: Breakfast Soups and Stews Salads Beans and Grains Vegetables Snack

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and Sides Desserts Homemade Basics, Sauces and Condiments Drinks This Plant-Based Diet for Beginners will take care of your scarce cooking time, increase your desire and commitment to the plant-based lifestyle. From this cookbook you will learn: What is Plant Based Diet? Benefits of Plant Based Diet How do You Start a Plant Based Diet? What to Eat What to Avoid Tips 21-Day Meal Plan to Make the Start of Your Journey Easier. And More Get a copy of this great cookbook and enjoy your life once and for all.

The Low-Carb Fraud

A definitive guide to a plant-based diet, with 100+ easy and satisfying recipes packed with all the nutrition and energy to fuel great workouts and even lose weight. Plants have superpowers. They can fill your stomach, fuel your workouts, and even extend your life. But for some people, a plant-based diet might seem stressful, especially if they believe the "experts" who tell us to eat only plants. Not true. Smart plant-based diets are nutritious and delicious and still make room for meat, fish, dairy and eggs. In fact, they aren't diets at all, but blueprints for a lifetime of eating well. The recipes and simple guidelines in Men's Health Plant-Based Eating, devised with help from some of the most brilliant minds in nutrition, will help you harness the full powers of plants. Inside you'll find: - Five simple steps to start eating plant-based meals - 100+ filling and flavorful recipes - The top 15 plant-based protein sources. You'll never guess the plant that offers a whopping 19 grams per 1/2 cup. Hint: It's NOT tofu. - Plant-based shakes that help you build muscle fast - Six amazing grains for weight loss - A foreword by Brian St. Pierre RD, CSCS and a comprehensive introduction by Paul Kita, food and nutrition editor for Men's Health - Vibrant color photos and complete nutrition information with every recipe - Lie-flat binding for easy use With this cookbook, you'll learn how to make dozens of hearty, delicious meals so you can add muscle, defend against disease, maintain a healthy weight, and unleash a ton of energy.

The Forks Over Knives Plan

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Leading medical authority Neal Barnard, MD, FACC, shows you how to put the power of a vegan diet to work with an easy, step-by-step approach. Many are looking to adopt a more healthful diet but may have questions, like: How do I plan a vegan meal? Is protein an issue? How do I make it work if I don't cook? Which are the best choices at restaurants? In THE VEGAN STARTER KIT Dr. Neal Barnard, perhaps the world's most respected authority on vegan diets, answers your questions and gives you everything you need to put vegan power to work. You'll learn how to ensure complete nutrition, and get quick-reference charts for calcium sources, tips for modifying your favorite recipes, and examples of quick and easy meals. Everything you need for permanent weight control and dramatically better health is presented. THE VEGAN STARTER KIT also includes information on healthy eating in childhood, pregnancy, and other stages of life, and a complete set of basic meals, holiday feasts, snacks, among many other features.

The Vegan Starter Kit

If you're one of the millions who have thought of trying a vegan diet but fear it's too monotonous or unfamiliar, VB6 will introduce a flexible way of eating that you can really live with for life. Six years ago, an overweight, pre-diabetic Mark Bittman faced a medical directive: adopt a vegan diet or go on medication. He was no fan of a lifelong regimen of pills, but as a food writer he lived—and worked—to eat. So neither choice was appealing. His solution was a deal with himself. He would become a “flexitarian.” He adopted a diet heavy in vegetables, fruits, and grains by following a healthy vegan diet (no meat, dairy, or processed foods) all day. After 6:00 p.m. he'd eat however he wanted, though mostly in moderation. Beyond that, his plan involved no gimmicks, scales, calorie counting, or point systems. And there were no so-called forbidden foods—he ate mostly home-cooked meals that were as varied and satisfying as they were delicious. He called this plan Vegan Before 6:00 (VB6 for short), and the results were swift and impressive. Best of all, they proved to be lasting and sustainable over the long haul. Bittman lost 35 pounds and saw all of his blood numbers move in the right direction. Using extensive scientific evidence to support his plan, the acclaimed cookbook author and food policy columnist shows why his VB6 approach succeeds

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when so many other regimens not only fail, but can actually lead to unwanted weight gain. He then provides all the necessary tools for making the switch to a flexitarian diet: lists for stocking the pantry, strategies for eating away from home in a variety of situations, pointers for making cooking on a daily basis both convenient and enjoyable, and a complete 28-day eating plan showing VB6 in action. Finally, Bittman provides more than 60 recipes for vegan breakfasts, lunches, and snacks, as well as non-vegan dinners that embrace the spirit of a vegetable- and grain-forward diet.

Men's Health Plant-Based Eating

Can we all sit down and have dinner together? For years, Anna Thomas's fans have cooked from her trailblazing vegetarian cookbooks. Now, Anna turns her thoughts to that larger question. We are eating differently: your daughter is a vegan, or you are but your in-laws don't think it's dinner without meat, or you're hosting Thanksgiving for a mixed group.. In this timely and useful new book, Anna offers her solutions for reuniting our divided tables. "My idea is simple," says Anna. "Start with the food everyone eats, design a meal or a dish around that, then expand and elaborate with just the right amounts of the right cheeses, meats, or fish for your omnivores. Everyone feels welcome, and we eat the same meal-but in variations." Anna shows us how to cook for today's table, with over 150 recipes for all tastes, and menus for every occasion. For a casual evening with friends, Farro with Lentils and Lavender served with Ratatouille from the Charcoal Grill makes a beautiful vegan supper-and also pairs wonderfully with garlic-and-herb rubbed lamb chops for the omnivores. Anna's crowd-pleasing Easy Fish Soup begins as a robust vegetable soup, with seafood added five minutes before serving-an ideal two-way dish. A vegetarian Lemon Risotto with Sautéed Fresh Fava Beans is perfect on its own, and can easily take on tender shrimp. For dessert, have vegan Pumpkin Gingerbread and add vanilla ice cream, or serve a delectable Dark Chocolate Almond Bark studded with ginger and dried cherries. Anna's festive "Thanksgiving for Everyone" menu centers on a sumptuous Polenta Torta with Roasted Squash and onion marmalade, surrounded by an array of seasonal vegetables-all pairing equally well with roast turkey for the

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traditionalists. "Taco Night at Home" allows everyone to design their perfect meal, mixing and matching from a spread of Spicy Black Beans, Poblano Peppers with Portobello Mushrooms, Carnitas, and Guajillo Chile Salsa. Anna's exuberant Mediterranean mezze menu is a relaxed summer party, featuring vegan Roasted Eggplant and Poblano Chile Spread with flatbread, Tabbouleh with Chickpeas and Preserved Lemon, Charred Zucchini with Lemon and Mint, and Baked Lamb Kibbeh Wedges for the omnivores. With dishes inspired by the vibrant produce of farmers' markets, Anna shares her love of cooking and of hospitality. Vegan Vegetarian Omnivore shows us how to navigate a world of change, and bring all our friends and family together at one big, generous table.

Plant-Based Diet For Dummies

*Does a whole foods plant based diet intrigue and scare you at the same time? Do you wonder just what people on these diets eat? Have you avoided this type of diet because you thought there was no way you could live on vegetables alone? The good news that The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet will help to put all of your fears behind you. This nutrition book for beginners helps you to realize that this is not a diet; it is a way to change your life for the better. Whether you are just curious about this diet or your doctor has recommended that you start to watch what you eat, take a look at what you can gain from this book: * Gain a thorough understanding of whole foods and which foods qualify * Learn how to shop for and cook whole foods * Understand how the right plant based foods can help you fight chronic illness * Learn how to fight the signs of aging * Understand how to achieve overall wellness*
Download The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet and see just how much you can change the way you eat. This is not a steadfast diet that must be strictly followed. It is a gentle guide to ease you into healthy eating and turning your mediocre health into great health that promotes a long, healthy life.

Vegan Vegetarian Omnivore: Dinner for Everyone at the Table

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Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health—and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietician, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including: A wealth of information on the most nutrient-dense foods in the plant kingdom A new Food Triangle, representing a completely new way of looking at food and nutrition New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative priority and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier Sample menus to get you started on a plant-based lifestyle Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

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