

FORKS OVER KNIVES BOOK



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The Forks Over Knives Plan. The essential get-started guide for the plant-curious. The Forks Over Knives Plan explains how to put this life-enriching and potentially life-saving diet into practice. Begin plant-based cooking with 100+ included delicious recipes.

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Master the art of plant-based cooking. The Forks Over Knives online cooking course helps you learn new techniques, flavors, and styles for cooking delicious plant-based, oil-free meals at home.

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This book is the companion book for the film: Forks Over Knives; it works fine as a standalone book. The film is specifically mentioned in a paragraph at the end of the book and it's clear from the beginning of the book that a documentary film exists.

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Forks Over Knives the book, the film, the movement is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine.

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Forks Over Knives The Plant Based Way to Health by Gene

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Forks Over Knives Wikipedia

Forks Over Knives is a 2011 American advocacy film and documentary that advocates a low-fat, whole-food,

plant-based diet as a way to avoid or reverse several chronic diseases. The film stresses that processed foods and all oils should be avoided.

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The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet Alona Pulde, MD and Matt Lederman, MD Why We Love Dogs, Eat Pigs, and Wear Cows

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