



The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet (Hardback)

By Matt Lederman, Alona Pulde, Marah Stets

Touchstone Books, United States, 2014. Hardback. Book Condition: New. 236 x 188 mm. Language: English . Brand New Book. The latest in the bestselling Forks Over Knives franchise a 28-day guide to transitioning to a delicious whole-foods, plant-based diet. 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 and people listened. Now, for the first time, The Forks Over Knives Plan shows you how to put this life-saving (and 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 clear, simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium. Week 1 you'll begin with breakfast and learn how to stock your refrigerator to help support this new way of eating. Week 2...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**