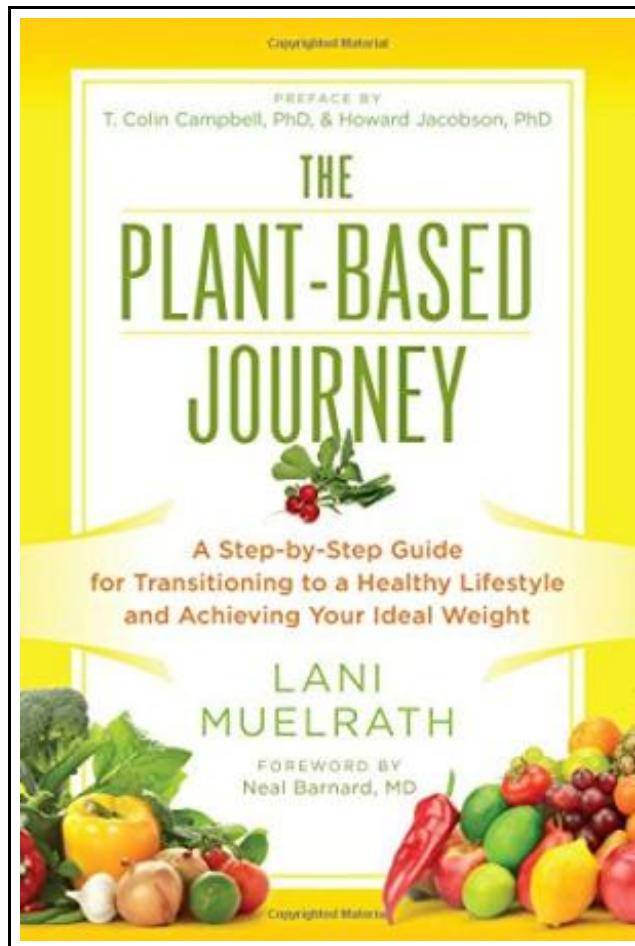


# The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight



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BenBella Books. Paperback. Book Condition: new. BRAND NEW, The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight, Lani Muelrath, T. Colin Campbell, Howard Jacobson, Neal Barnard, It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan--until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. The Plant-Based Journey provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience! Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition: Step 1: Awakening: Discover your "why" for eating plant-based Step 2: Scout: Assemble what you need for plant-based eating basics Step 3: Rookie: Increase the presence of plant foods on your plate with specific strategies and systems Step 4: Rockstar: Take your newfound plant-based eating success on the road and to social and family situations Step 5: Champion: Sharpen your skills for long-term plant-based living success In addition, in The Plant-Based Journey, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease. Whether you're a plant-based newbie looking to shed pounds...



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