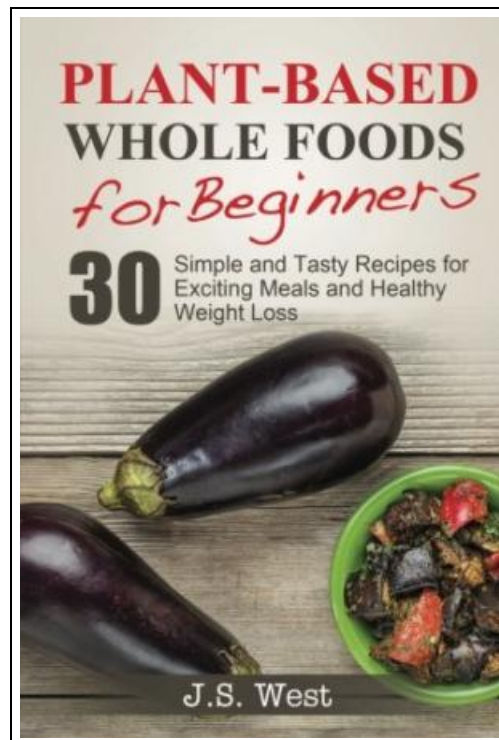


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. After reading this book you will learn all about the plant-based whole food life styleThe health and wellness benefits will be incredible!Have you ever thought about giving a plant-based diet and lifestyle a try? You may be interested in this method of eating, which removes meat, dairy, and eggs from daily consumption and focuses instead on vegetables, fruits, whole grains, legumes, and root plants such as potatoes and beets. However, you might have always been afraid to give plant-based eating a try, just because of how difficult it sounds. But it doesn't have to be difficult any longer!Plant Based Whole Foods For Beginners is written with the newcomer in mind. This book is packed full of 30 incredible recipes that can be prepared by anyone. These recipes are designed to help make the transition from omnivore to herbivore easy and effortless! All thirty recipes include ingredients that can be found at any local grocery store or farmer's market. The preparation for each recipe is outlined in very simple language so that even a beginning cook can understand exactly what to do. These recipes are also packed full of flavor and nutrients. You'll be feeling great from day one when you eat these meals!The plant-based whole foods diet has grown immensely in popularity in recent years. This is based largely on the push to eat all organic foods. If possible, try to purchase your ingredients locally so that you will not be running the risk of consuming pesticides and other chemical additives. It is not a deal breaker if you can't buy local ingredients, though! However you can acquire your veggies, go for it!At the end...



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