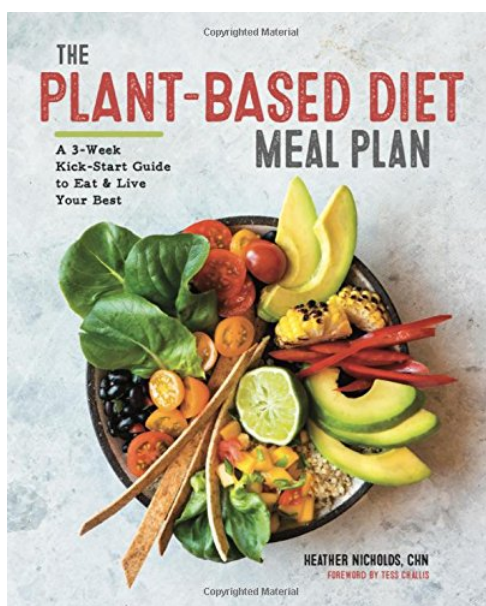


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The Plant Based Diet Meal Plan offers the simplest, most effective approach for starting?and maintaining?a plant based diet.To realize the benefits of a plant based diet, you need two things: an action plan that gets you started, and simple recipes 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, Heathers 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 superfoodsA 3-Week Plant Based Diet Meal Plan that includes weekly shopping lists and plant based diet menus for breakfast, lunch, and dinner100+ Plant Based Diet Recipe?smoothies and salads to mains and desserts that include key macronutrient informationFrom 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.

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