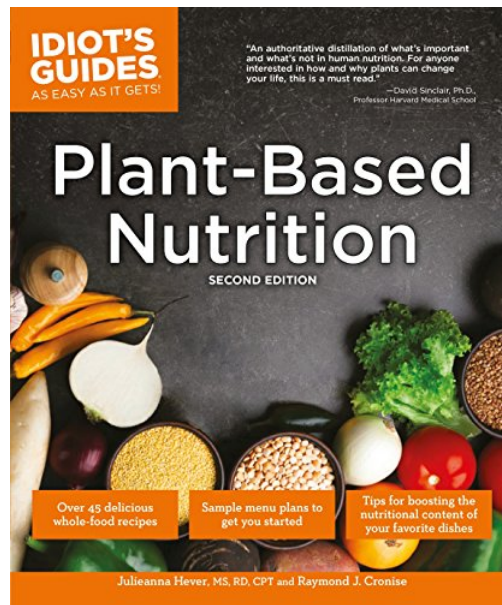


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Whether you're vegan, vegetarian, or omnivore, getting your nutrition from plant-based foods is one of the best things you can do for your health and it's easier than you might think! The science confirms that a diet rich in whole, plant-based foods can help your body thrive. In fact, a growing number of physicians advocate a completely plant-based diet for many of their patients who suffer from diabetes, heart disease, and cancer. In this all new edition, leading plant-based dietitian, Julieanna Hever, and Ray Cronise, the mastermind behind magician Penn Jillette's 100-pound weight loss transformation, team up to give you everything you need to know about following a plant-based diet, including: A wealth of information on the most nutrient-dense foods in the plant kingdom A new Food Triangle, representing a completely new way of looking at food and nutrition New perspectives on macronutrients, and why categorizing protein, carbs, and fats as food groups causes unnecessary confusion about what to eat The latest science on oxidative stress and how it explains why many common recipes drive unintentional weight gain Healthspan and longevity recommendations based on the latest research All new recipes from celebrity chefs: Matthew Kenney, Dreena Burton, Jazzy Vegetarian, Kathy Patalsky, Robin Robertson, Fran Costigan, Jason Wyrick, and Matt Frazier Sample menus to get you started on a plant-based lifestyle Tips for stocking your kitchen, boosting the nutritional content of your favorite dishes, and dining out healthfully

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