



## Got Veg?: How to Thrive on a Plant-Based Diet

By Esosa Edosomwan

BookBaby, United States, 2015. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. As the popularity of plant-based diets continues to soar, so does the mounting scientific evidence that eating more fruits and vegetables is a sound decision for anyone seeking optimal health. Got Veg? How to Thrive on a Plant-Based Diet is packed with practical and inspiring information, including step-by-step instructions to help readers prepare for a plant-based lifestyle, explanation of the levels of a plant-based diet, a thorough breakdown of the nutrients your body needs to thrive, how to transition, kitchen prep, over fifty recipes and more. This book is a must-read for anyone seeking to use the power of plant-based eating to experience a higher level of vitality, youthfulness, creativity, well-being, and harmony with the planet. Esosa E. calls upon over ten years of experience living as a plant-eater, to write Got Veg? How to Thrive on a Plant-Based Diet, and create the guide she wished existed when she was first venturing into the world of plant-based living. While reading this book you will: Discover a joyful way of eating that allows you to stop counting calories Learn about essential nutrients needed...



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