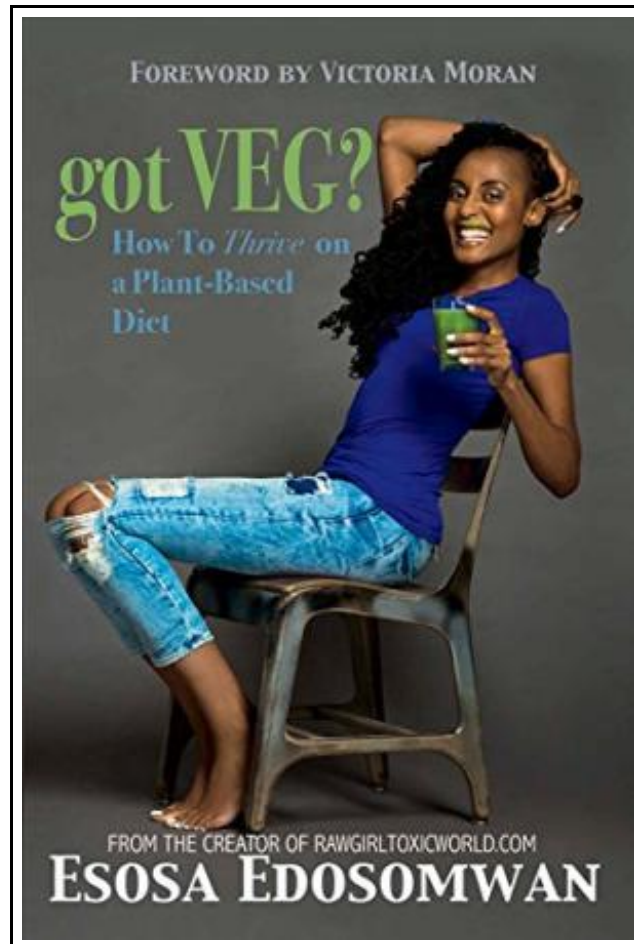


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BookBaby, United States, 2015. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. As the popularity of plant-based diets continues to soar, so does the mounting scientific evidence that eating more fruits and vegetables 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 to thrive on a plant-based diet Boost your awareness of how to prepare your favorite dishes without animal products Discover several options for how to incorporate more fruits and vegetables in your diet Learn key health benefits to adopting a plant-based diet Understand the bodies detoxification process and how best to transition your diet Learn how to set up a plant-based kitchen Receive guidance on creating your daily plant-based meal plan Obtain over fifty easy plant-based recipes to jumpstart your new lifestyle Whether you are an ardent vegetarian, a health-conscious consumer, or just someone in search of a wellness transformation,...

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