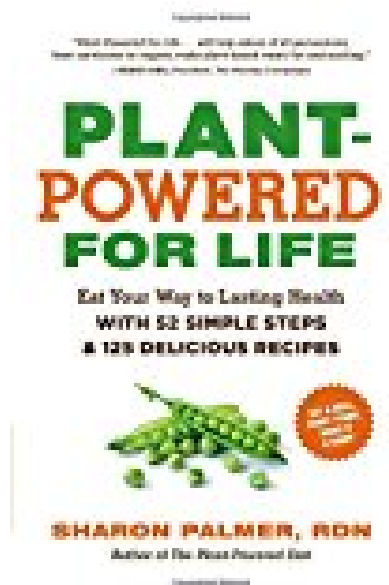


Plant-Powered for Life Eat Your Way to Lasting Health with 52 Simple Steps and 125 Delicious Recipes



BOOK DETAILS

- Author : Sharon Palmer RDN
- Pages : 384 Pages
- Publisher : The Experiment
- Language : English
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BOOK SYNOPSIS

A years worth of steps and recipes for transitioning to a plant-based diet explains the ecological benefits and health-bolstering potential of whole-plant foods, outlining week-by-week goals for increasing daily vegetable and sprouted grain intake while eliminating meat, junk food and processed food. Original.

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