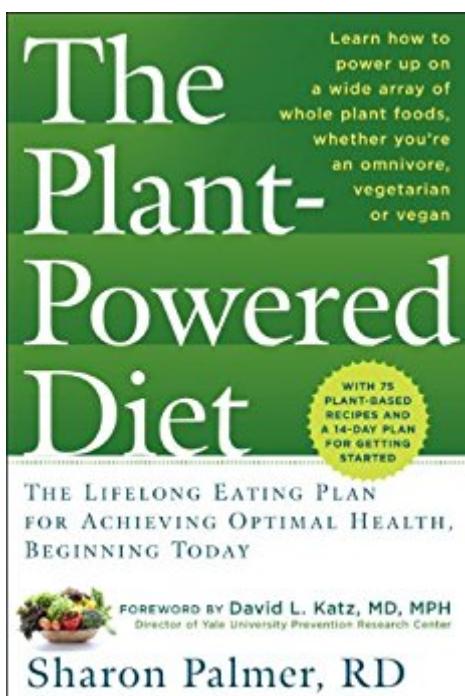


The book was found

The Plant-Powered Diet: The Lifelong Eating Plan For Achieving Optimal Health, Beginning Today



Synopsis

Harness the power of whole-plant foods to lead a long and vibrant lifeâ "whether youâ ™re vegan, vegetarian or omnivorous. Eat more whole plants. This simple recommendation is at the heart of a building consensus: The healthiest diet is a plant-based diet. Plants have spent millions of years evolving their defenses against disease. Now, studies indicate that by eating whole, minimally processed plant foods, humans too can gain protectionâ "against everyday illness, diabetes, obesity, depression, mental decline, heart disease, and even cancer. In *The Plant-Powered Diet*, registered dietitian Sharon Palmer marshals the most up-to-date findings in nutrition to explain both why you should fill more of your plate with whole-plant foods and how to do so, whether youâ ™re a longtime vegan or a committed omnivore. Here is:â ¢ Essential information on the healthiest plant foodsâ "whole grains, vegetables, fruits, nuts, legumes, and even herbs, spices, chocolate, coffee, tea, and wineâ ¢ Advice for navigating the supermarket, kitchen, restaurant menus, on-the-go meals, exercise, and moreâ ¢ A 14-day meal plan, plus daily action alerts to get you startedâ ¢ And 75 original plant-based recipes for every mealâ "all with complete nutritional data. The *Plant-Powered Diet* is not a diet youâ ™ll go â œonâ • today and â œoffâ • tomorrow. It is a simple, satisfying, and thoroughly delicious way of eating that can not only last your lifetimeâ "but lengthen it.

Book Information

File Size: 8876 KB

Print Length: 432 pages

Publisher: The Experiment; 1 edition (December 7, 2012)

Publication Date: December 7, 2012

Language: English

ASIN: B007JN70HW

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #24,529 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #45 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian #63 inÂ Kindle Store > Kindle eBooks >

Customer Reviews

I originally got this book out of my library to read and loved it so much that I wanted a copy for myself. Extremely helpful information in this book!

FAST SHIPPINGPERFECT THANK YOU

Very informative for the noob navigating a starter program for healthy living, lots of great tips simple enough anyone can use and good go to guide. Goin 2 be buff soon.

Some good recipes in back. Much of the info I already knew but enjoyed reading it again.

Extremely well written & fabulous recipes.

Sharon knows her topic. A plant based diet is explained well. She provides clear examples on how to start a plant based diet.

I have been doing research on a better diet and this book was helpful. Thank you!

Good book, very informative, speedy delivery

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