

Plant Based Diet: Beginners Guide to Great Food, Good Health, and Natural Weight Loss; With 55 Proven, Simple and Tasty Recipes (25 Slow Cooker Recipes Included) (Paperback)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book reveals to you how easy it is to change your life and reap all the benefits a plant based diet has to offer! The Plant based diet is a low fat, high carb and protein diet that has similar qualities like Vegan, Vegetarian, Mediterranean, China study, and raw food diets. Coming to facts, there are many exceptional gains of advantages of the Plant based diet plan, but a lot of people missing secure manner to fat loss forever with full energy to hold healthy life for a long time. Following a Plant based diet comes with essential benefits: Lose Weight: weight loss occurs with the increased consumption of fiber and vitamins, which is an effect of switching to a plant-based diet Reduced Risk of Chronic Diseases: Plant based diets work as a medicine to reduce the number of doctor visits More Energy: Whole food Plant based diet is high in vitamins, minerals, antioxidants, and many other nutrients Less Expensive: beans and legumes are great sources of protein that cost significantly less than an equivalent amount of meat Better Digestion: fruits and vegetables are high in fiber that is an essential nutrient for healthy digestion Additionally, you will get tips and tricks to ensure that your dietary mini habits will develop as quickly as possible, including how to totally commit to the new food regimen. After that, you will discover 55 best plant-based recipes which will help you to get and keep a lean body without losing energy and vitality levels!.



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