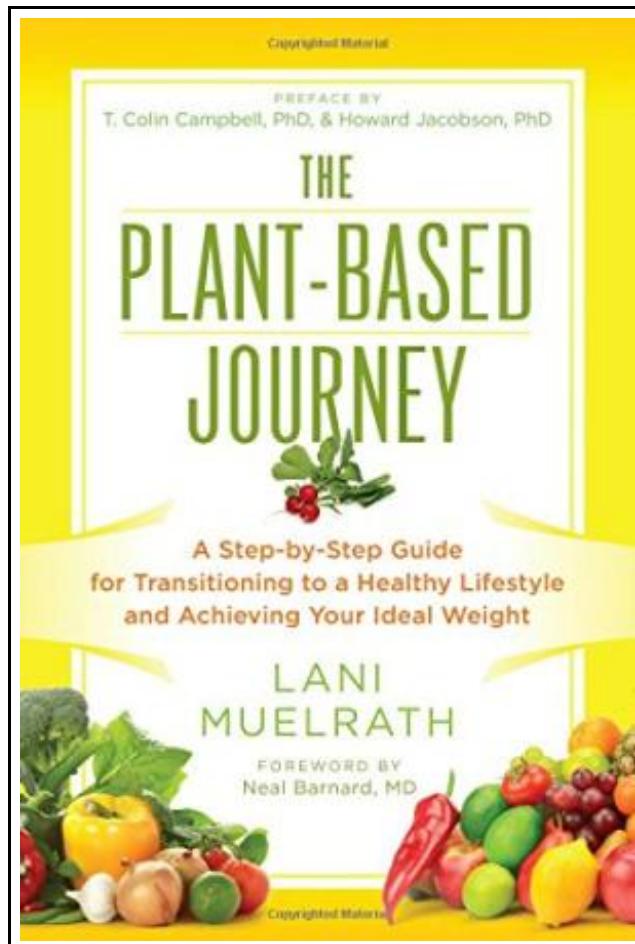


The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

THE PLANT-BASED JOURNEY: A STEP-BY-STEP GUIDE FOR TRANSITIONING TO A HEALTHY LIFESTYLE AND ACHIEVING YOUR IDEAL WEIGHT



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BenBella Books. Paperback. Book Condition: new. BRAND NEW, The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight, Lani Muelrath, T. Colin Campbell, Howard Jacobson, Neal Barnard, It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan--until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. The Plant-Based Journey provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience! Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition: Step 1: Awakening: Discover your "why" for eating plant-based Step 2: Scout: Assemble what you need for plant-based eating basics Step 3: Rookie: Increase the presence of plant foods on your plate with specific strategies and systems Step 4: Rockstar: Take your newfound plant-based eating success on the road and to social and family situations Step 5: Champion: Sharpen your skills for long-term plant-based living success In addition, in The Plant-Based Journey, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease. Whether you're a plant-based newbie looking to shed pounds...



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