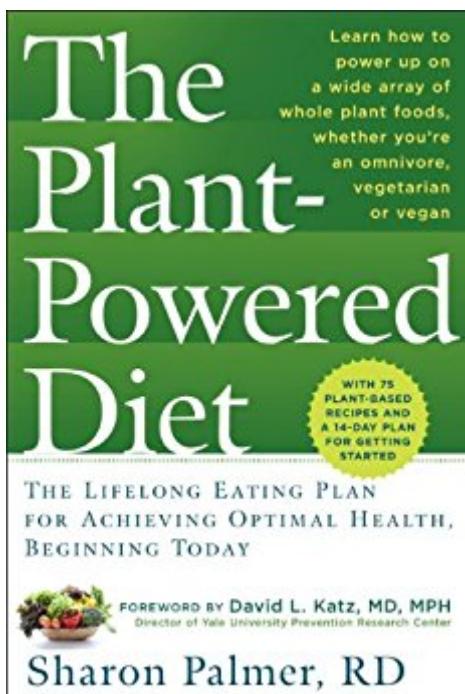


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# The Plant-Powered Diet: The Lifelong Eating Plan For Achieving Optimal Health, Beginning Today



## Synopsis

Harness the power of whole-plant foods to lead a long and vibrant life—whether you’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 protection—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 you’re a longtime vegan or a committed omnivore. Here is: Essential information on the healthiest plant foods—whole grains, vegetables, fruits, nuts, legumes, and even herbs, spices, chocolate, coffee, tea, and wine. Advice for navigating the supermarket, kitchen, restaurant menus, on-the-go meals, exercise, and more. A 14-day meal plan, plus daily action alerts to get you started. And 75 original plant-based recipes for every meal—all with complete nutritional data. The Plant-Powered Diet is not a diet you’ll go “on” today and “off” tomorrow. It is a simple, satisfying, and thoroughly delicious way of eating that can not only last your lifetime—but lengthen it.

## Book Information

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## 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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