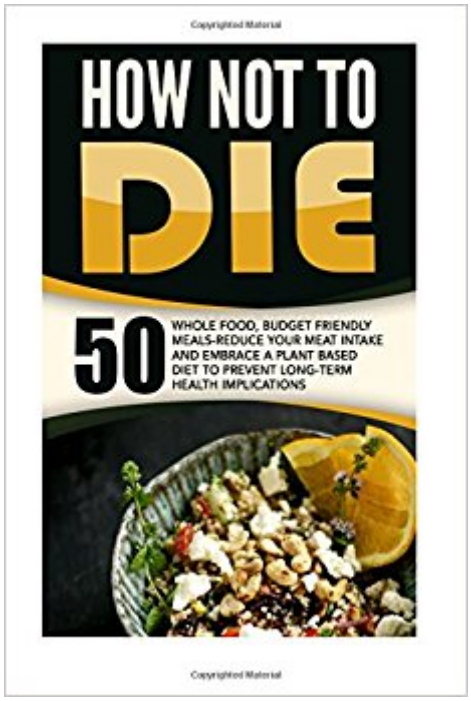
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How Not To Die: 50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications



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Synopsis

50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications So, the science is amazing. But, the reality can feel daunting. How do you go from meat-loving to meat-free eating without missing all of that hearty, filling, animal-based protein? The answer: Transition yourself slowly into a plant-based diet plan Making the switch from processed-foods and the carnivore world to whole plant-rich foods can be a little daunting when you start to see the big world of exotic sugars, cacao, flours, fruits etc. But the truth is, learning how to eat a plant based diet on a budget is really easy if you start with very basic eliminations to your diet and replace those items The best way to stop eating meat is to really understand how many alternatives there are on a plant-based diet plan. Sure, you can make a quick meal with meat, fish, or poultry, but there are so many simple swaps that youâ ™ll learn to love! This book will let you know why the whole food, plant based diet is the best diet for your health. It will also teach you how to prepare 50 easy, affordable, and delicious whole food, plant based dishes at home. Build weeksâ ™ worth of meal plans by mixing and matching breakfast, soup, salad, main dish, and side dish recipes in this book. Here Is A Preview Of What You'll Learn... Mason Jar Overnight Oatmeal Chia Pudding with Pomegranate Seeds Cinnamon and Raisin Rice Pudding Baked Sweet Potato Curry Soup Spinach and Bell Pepper Salad Artichoke and Garbanzo Bean Salad with Tomato Dressing Fancy Baked Pineapple Rice with Veggies Stir-fried Bamboo Shoots and Mushrooms Roasted Squash with Herbs and Cranberries Grilled Chinese Mustard Cabbage with Zesty Dressing Spicy Oriental Greens Spicy Asian Eggplant Much, much more! Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free

Book Information

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Cooking Methods > Budget #1638 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

It is a sad fact that what the net has made possible are a bunch of vendors who market themselves in such a way as to ride on the coat tails of another success. In this case the original book, "How Not to Die" by Dr. Gregor is competent, well respected and evidence based. Dr. Gregor and his website have been extremely successful and rightfully so.Then along comes books like this: using nearly the same title, and that hope you will fail to notice the author, advice and content have absolutely NOTHING to do with Dr. Gregor or the original book. Sadly, I'm sure many people buy this book, thinking that it somehow expresses the information, foods and recipes in Gregor's book.This coat tailer has nothing to with Gregor, and his advice, recipes and foods are not approved by Gregor, and do not specifically follow Gregor's advice and foods. This copycat production does not appear to be competent. I urge you to look at the preview, which is simply a list of one paragraph generalities about vegetarianism, followed by a hodge podge of "recipes", the likes of which that you can download by the thousands - free - on the net.But hey - it's your money...

Don't buy this book. It's a fraud. These recipes do not follow the scientifically based recommendations from Dr Greger. What's up with for allowing this to happen?

This title is a blatant rip-off of Dr. Michael Greger's bestselling "How Not to Die." The greedy author and publisher are trying to mislead people. Get the real thing by Dr. Greger.

I hope Dr. Michael Greger sees this and sues the author for using the same title as his book!! This recipe book does NOT accompany the book by the same title by Dr. Greger!!! Very misleading to the public on a very important subject!!. Do NOT BUY!! If you need a recipe book, get the "Preventing and Reversing Heart Disease Cookbook", which came out last August (2015).Good luck with diet and health!!

How can still let this opportunist sell this drivel with a new cover? This has been panned from the beginning and has NOTHING to do with the actual Greger title. Pass!!!

I thought this book would have more than just a bunch of quotes from famous people about vegetarianism. It is a waste of money.

For a book of "Nourishing Meals" they don’t include any nutrition information for the recipies. What’should up with that?

There are no pictures. Recipes books should always come with pictures. It’s probably good for the beginner. Having been plant based for a number of years, didn’t offer a lot for me.

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