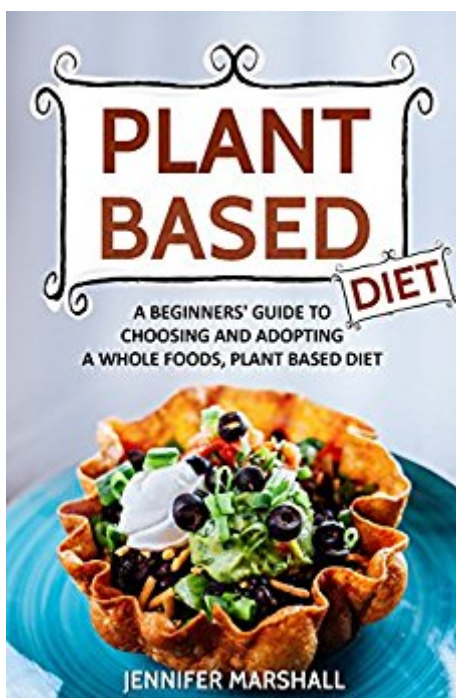


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# Plant Based Diet: A Beginners' Guide To Choosing And Adopting A Whole Foods, Plant Based Diet



## Synopsis

Discover How to Adopt a Nourishing Plant Based Diet and Achieve Your Weight Loss Goals There is a lot of popularity around diet and fitness, and it is always changing and expanding. People from all parts of the world are wanting to improve their bodies, and they are looking for answers. The problem is there seems to be unlimited options to choose from. There is a diet for every person and preference. And not every diet is effective, or will work for every person. Also, not every diet is necessarily healthy for you. With all the diets that are available out there, it can be overwhelming to choose the most appropriate diet for your body and your goals. This book is designed to help you clarify what you really need and want, and to sift out the rest. Although there are many plant based options to choose from, they all involve reducing unhealthy packaged foods and animal products, and embracing plenty of fruits and vegetables; and other healthy, vitamin-packed foods. No matter what you decide for yourself, you can be assured that you are choosing a more nutritious option than you originally had. This lifestyle will not involve you going hungry, or eating packaged diet foods that contain strange, scientific ingredients. This is a lifestyle that is based around wholesome foods, that your body will love and thank you for. I will guide you along the way, giving you the tips and advice that I use myself to make positive changes and healthier choices. Here is a preview of what you will learn...

What It Means to Eat a Plant Based Diet  
Different Ways of Eating Plant Based  
Setting Goals for Yourself  
Building the Right Motivation and Drive  
Benefits and Cautions for the Plant Based Diet  
What to Enjoy, What to Eliminate  
Reading Nutritional Labels  
Stocking Your Kitchen Properly  
Meal Planning and Preparing Your Grocery List  
How to Stick to Your New Healthy Eating Habits  
And Much, Much More!

For a limited time, download your copy today for only \$0.99 on Kindle. Regularly priced at \$2.99.

## Book Information

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## Customer Reviews

I found this book to be very thorough and helpful because it covered so much more than I expected it to! Yes it'll talk about how to get started, the best foods to eat, what to avoid etc. But it also covered things like how to set goals to make you more successful with this diet when you start. I thought that was pretty cool because it's not just a bunch of information thrown at you and then you have to put the pieces together on your own. Starting a new way of healthy eating can be hard and that's why it's important to have a complete game plan, which you'll be equipped with. It's one thing to know what to do, but this book actually makes it easier to implement what you'll learn as well!

This book is intended to enable you to clear up what you truly need and need, and to filter out the rest. Despite the fact that there are many plant based choices to look over, they all include diminishing undesirable bundled sustenance and creature items, and grasping a lot of products of the soil; and other sound, vitamin-stuffed nourishment. Regardless of what you choose for yourself, you can be guaranteed that you are picking a more nutritious alternative than you initially had. This way of life won't include you going hungry, or eating bundled count calories nourishment that contain unusual, logical fixings.

Here's a beginner's guide to getting started. First, don't think of this as a deprivation diet. The food is delicious, and you can enjoy plant-based versions of the foods you already love. Focus on the positives! One of the best motivators for people transitioning to plant-based eating comes from how great they feel and how much more than can do in their lives once they're feeling healthier.

I found this book very useful to me in getting to know more about this plant based style of diet.

There are so many ways to get healthier and a ton of ways to get unhealthy. This book will enlighten us how to choose the right plant based diet and adopt with the whole foods style of eating.

Switching over to a plant based lifestyle has been easier with this book. Loved the information presented. Opens up the world of plant-based Diet.

If you want to improve your health and loose a couple of pounds in the process, simply get this book. Highly recommended.

This was a very detailed book about how to get started with a more green diet. The book did a great job explaining the ins and outs. But I will say, after reading through chapter 4, I got the feeling that it wasn't for me. I can't cut dairy or animal products out of my diet. It's too big of a change for me. But based on the level of detail, I recommend this book to those who want to be vegans.

This book has great information for anyone interested in the health benefits of switching to a plant-based Whole Foods lifestyle.

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