



Wtf Wfpb - 4 Weeks 4 Health

By Victoria Plas

Kiddy World Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get started with this 4 weeks 4 health complete plan (incl. free downloadable diary) and go Whole Food Plant Based! Do you want to eat more veggies, ditch the animal protein, and get an awesome, healthy and energetic body and mind while saving the planet but have no clue how to start? You do now;-) This book includes: - Explanation of a Whole Food Plant Based diet -Recipes for breakfast, lunch, dinner and snacks for 30 days (tasty, healthy and easy to make) -Bonus: Diary pages. You will not believe the difference you will feel in only four weeks. Keep track of it all! free to download and print at home Avoiding animal protein, refined products, and fats will perform miracles for your health. We discover more and more about the wonderful power of plants and the destructiveness of animal proteins. With the trendiness of juices and vegan restaurants and warnings from the WHO about the dangers of processed meats, we all want to start eating more veggies or flirt with a veggie lifestyle. But how do...



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