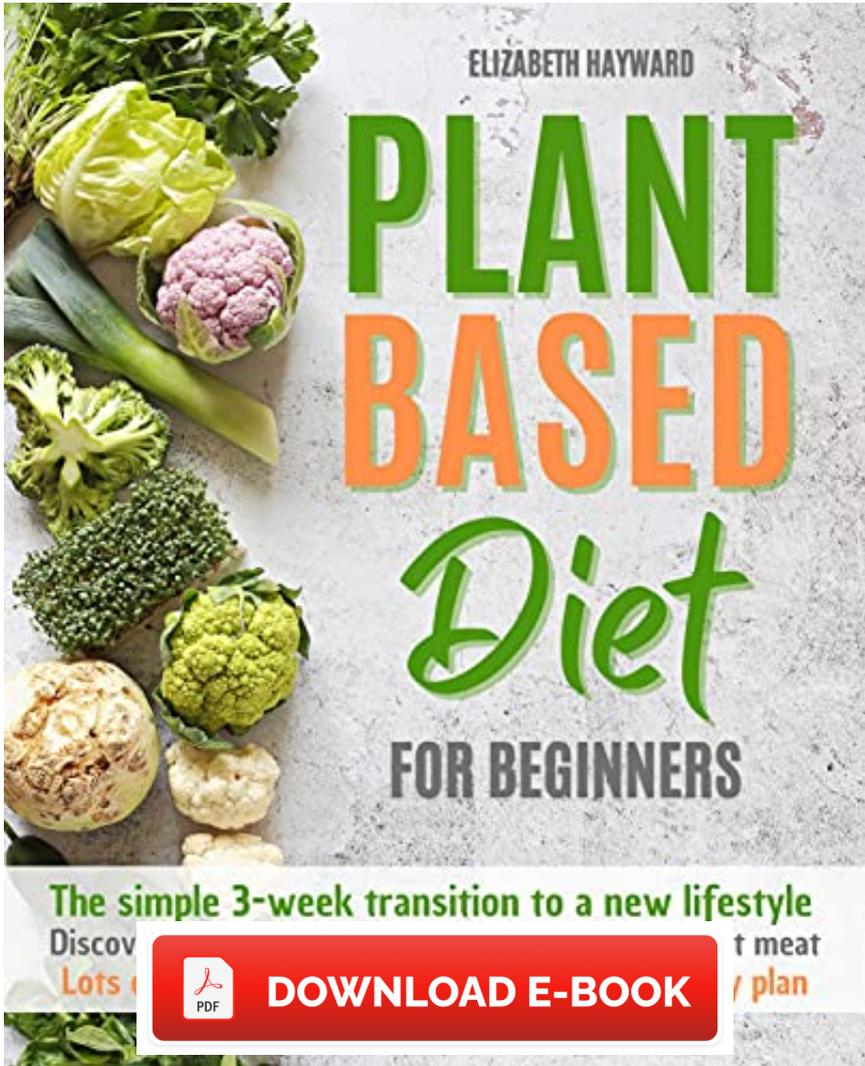


PLANT BASED DIET FOR BEGINNERS: The Simple 3-Week Transition to a New Lifestyle. Discover the Healthy Benefits of Eating Well without Meat. Lots of Delicious Whole Food Recipes with 21-Day Plan

by

Marie-Laure Tombini



Synopsis

TIRED OF USELESS, FASHIONABLE AND EXPENSIVE DIETS? ARE YOU READY TO REALLY LOSE WEIGHT, IMPROVE YOUR HEALTH, LIVE LONGER AND KEEP ON EATING DELICIOUS MEALS? Introducing... The Plant-based Diet for Beginners: the simple 3-week transition to a new lifestyle! While starting any diet can seem overwhelming, exhausting, and downright hard, it doesn't have to be! Within the chapters of this book, you will be handed everything you need to help you get started and help you keep going! If you are exhausted from trying diet after diet to no avail, it is time to change course! With a plant-based diet, you will be combining the power of science with the power of eating right. This means you will be eating healthy, eating delicious, and eating to fuel your body instead of just feeding it! ★ These are the great benefits you will get with our plant-based diet: - permanently lose weight - burn fat, not only water - improve your health (the right food is the best care to prevent or lower type 2 diabetes, cholesterol, heart disease and cancer) - keep fit, young and live longer - boost your body energy - save animals and reduce the environmental impact ★ And this is what you will find on our guide: - the basics of a plant-based diet - the best foods to enjoy and the foods to avoid - the great benefits for your health - how to create a meal plan - the common mistakes to avoid and useful tips - Lots of easy and delicious recipes with all ingredients, directions and nutritional values, from the morning breakfast to the dessert - A 3-Week Meal Plan that includes shopping lists and plant-based diet menus for breakfast, lunch, and dinner! In The Plant-Based Diet for Beginners you will learn how to say goodbye to the disgusting processed food and hello to a wide array of colorful, whole, plant-based foods. Eating better really can make the difference. You will be learning everything from the basic guidelines of the diet, to the foods you will be enjoying, and to all the benefits you will gain from eating the best way for your body. Once you have a good foundation, you will also be handed the tips and tricks to stick to the diet along with many different recipes for you to try out. If you are ready to change your health and change your life, what are you waiting for? This book has everything you need to get started today. It is time to take a leap in a healthy direction! Push the BUY NOW button and get your copy! ----- Elizabeth Hayward has tried, up until 7 years ago, all the most famous diets, in the hope of losing weight and improving her health, yet she obtained bad or short-lasting results. Tired of this situation, she started the vegetarian diet with which she immediately got incredible and concrete results, losing over 40 pounds and greatly improving both her health and her physical appearance. In recent years she has studied all the basics and principles of vegetarian food and as a cooking enthusiast, she has developed a series of easy and tasty recipes to share with all her results and demonstrate that the plant-based diet can be healthy, positive for the environment but also very tasty for the palate!

Sort review

“Everything one wants in a cookbook. Beautiful, elegant simplicity. Angela's gorgeous Weekend Cook is a vital addition to any cook's kitchen.” —Stanley Tucci
“This is a brilliant cookery book by a brilliant woman.” —Claudia Winkleman
“Warm and welcoming ... A book I know will be a kitchen companion for many years to come. I can't remember the last time I wanted to make absolutely everything in a book!” —Rachel Roddy
“Whether you are planning a festive dinner party or a simple night in for two, Angela's sumptuous recipes will fill you with joy.” —Michel Roux Jr.
“Incredible ... Every dish is heartfelt and flavour-led.” —Tom Kerridge

--This text refers to the hardcover edition.

About the Author
Angela Hartnett is one of the UK's most-loved chefs and restaurateurs, known for her sophisticated yet simple, Italian-inspired cooking. Working with Gordon Ramsay for many years, she launched Amaryllis in Scotland, Verre in Dubai, and Menu and The Grill Room at the Connaught. In 2008, she opened her own restaurant, Murano, in Mayfair. In 2013 Angela launched the critically acclaimed Merchants Tavern and Café Murano. In 2021, she was awarded an OBE for her services to the hospitality industry and to the NHS throughout the pandemic. Angela is a regular on television, often appearing on Great British Menu, MasterChef and Saturday Kitchen, as well as being one of the judges for BBC's Best Home Cook. She lives in London. @AngelaHartnett

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What people say about this book

Connor Moringstar, "Awesome read. This book remarkable reason these book's tips are extremely useful. I would recommend this book to anybody. Whatever gratitude to the writer and must be suggested for this book."

Carmen Serrano, "I really enjoyed this book.. I really enjoyed this book. The information (especially the easy to follow meal plans) was easily presented and made me feel that making the leap to vegan eating was a possibility. I would definitely recommend this book to others"

[DMCA](#)