

[PDF] Plant-Strong: Discover The World's Healthiest Diet--with 150 Engine 2 Recipes

Rip Esselstyn - pdf download free book



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Description:

The # 1 New York Times bestseller--now in trade paperback for the first time!

In this #1 *New York Times* bestseller (originally published as *My Beef with Meat*), Rip Esselstyn arms readers with the 36 most powerful facts that prove, once and for all, that a plant-based diet can save your life. Do you want to: Prevent cancer, heart attacks, stroke, and Type 2 Diabetes? Eat

plants! Have stronger bones than milk could ever give you? Eat plants! Avoid dangerous carcinogens and contaminants? Eat plants! Lose weight and look great? Eat plants! On top of these arguments are 150 other reasons why plants rule--as in 150 delicious, mouth-watering Engine 2 recipes, including 10 that are exclusive to this new edition. Prepare to eat well, be healthy, and live plant-strong!

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