

The 22day Revolution The Plantbased Program That Will Transform Your Body Reset Your Habits And Change Your Life

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a plant based diet contains vegetables beans and legumes fruits whole grains nuts and seeds it does not include meat poultry wild
game seafood eggs dairy milk yogurt cheese or any other

this eating plan includes lots of plant foods in their whole unprocessed form such as vegetables fruits beans lentils seeds whole grains
and small amounts of unprocessed plant fats

you re probably thinking that moving to a plant based diet sounds like a great idea but you don t know where to start don t worry
you re in the right place we ve got the tools insight and expertise to

this 30 day plan provides a structured approach to transitioning into a whole food plant based wfpb lifestyle you'll gradually eliminate processed foods and animal products while learning how to

designate a certain night or nights for meatless meals try substituting some or all of the meat in recipes with plant based sources of protein such as beans tofu tempeh or unsalted nuts and seeds

you may have heard the terms vegan plant based or plant forward and wondered what they mean today we're going to talk about the many benefits of a plant based eating style for our health not to

myplate offers many tips and recipes to help you get started with eating plant based organic farms improve soil quality and fertility and reduce chemicals and drugs in our food supply and environment

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