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Oldways 4-Week Vegetarian & Vegan Diet Menu Plan: Power Your Day with Wholesome Plant Foods

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As Oldways decades-long exploration of the health benefits of traditional diets reinforces, many variations of vegetarian diets have existed in different cultures throughout history. The traditional vegetarian diet, illustrated in the original Oldways Vegetarian Diet Pyramid (1997) and now depicted in the updated Vegetarian & Vegan Diet Pyramid (shown on the cover of this book and on page 2), reflects the abundance of delicious, healthy foods such as vegetables, fruits, nuts, seeds, whole grains, legumes, herbs, and spices that fit into a healthy eating pattern across many different cultures. This book addresses the important nutrient-rich plant foods of the pyramid that can be eaten every day. It has been designed to serve as a guide for both health-care professionals and consumers who recognize the healthfulness of moving meat from the center of the plate and want to follow a well-balanced plant-based diet.

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From reader reviews:

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Lanell Sessions:

The feeling that you get from Oldways 4-Week Vegetarian & Vegan Diet Menu Plan: Power Your Day with Wholesome Plant Foods will be the more deep you digging the information that hide into the words the more you get serious about reading it. It doesn't mean that this book is hard to be aware of but Oldways 4-Week Vegetarian & Vegan Diet Menu Plan: Power Your Day with Wholesome Plant Foods giving you thrill feeling of reading. The article author conveys their point in specific way that can be understood by means of anyone who read it because the author of this reserve is well-known enough. This kind of book also makes your own vocabulary increase well. So it is easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this particular Oldways 4-Week Vegetarian & Vegan Diet Menu Plan: Power Your Day with Wholesome Plant Foods instantly.

James Helm:

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