

SUCCESSIBLE LIFE PRESENTS

The Beginner's Guide to Losing Weight with a Plant-Based Diet

Learn how you can live healthier and happier
without the stress of calorie counting.

By Karen Asp

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CHAPTER 1

What's the secret?

1 What's the Secret?

Trying to get in shape, lose weight, or just eat better? Perhaps you've tried every diet under the sun – with perhaps the exception of one. It's not only backed by science and shown to work, but it also lets you eat twice as much food with half the calories. Even better, you don't have to count calories or measure portions.

So what's the secret behind this magical diet? Plants!

Below you'll learn how shifting to a plant-based diet can help you stay healthy or lose weight. Your health will improve because it's not just the weight you're losing – you'll also eliminate the animal fat and highly processed foods that can adversely affect health, weight, and mood by replacing them with health-promoting, [nutrient-rich](#) whole plant foods.



What is a whole food, plant-based diet?

To start with, a plant-based diet focuses on whole foods that come from plants instead of the processed and animal-based foods that make up the majority of Americans' diets. Unfortunately, Americans currently eat a whopping 70 percent of their calories from ultra-processed or processed foods and 36 percent of their calories from animal foods [1]. As if that's not bad enough, only one in 10 Americans is eating enough fruits and vegetables [2] – a recipe for disaster. Experts have coined this the “standard American diet” or SAD for short.

But there is hope! In his book *Food Rules*, journalist and author Michael Pollan offers some simple strategies for eating healthier. One of them explains a whole food, plant-based diet in two sentences: “If it’s a plant, eat it. If it was made in a plant, don’t.”



The key to a plant-based diet is healthy, whole foods. Here are some of the key components:

- It emphasizes whole, minimally processed foods.
- It makes plants the staple of your diet.
- It excludes refined foods (think white flour, processed oils, and added sugars).
- It avoids animal-based foods.

This might sound hard, but it’s no harder than eating SAD. You probably still take time to shop, prepare, and cook. The one difficulty? It might take your tastebuds a little time to adjust because they’re used to eating unhealthy foods that are loaded with fat, sugar, and salt. Give it time – many plant-based docs recommend a few weeks, with nutrition researcher Dr. Michael Greger suggesting at least three weeks [3] – and the more plants you eat, the better they’ll taste.

“

If it’s a plant, eat it. If it was made in a plant, don’t.

”



Why it's not the same as a vegan diet

Eating plant-based is often confused with a vegan diet. While they have similarities, there are subtle differences between the two.

Vegans often eschew all animal products. Whether via the food they eat, the clothes and shoes they wear, the products they buy for their home or office, or the companies they support, many vegans don't eat or use anything with animals. Yet just because something is vegan doesn't always mean it's healthy.

The rise of veganism has flooded grocery store shelves with a lot of vegan junk food. While there are no animal products in these foods, they're often still refined and processed, and surprisingly, that can also lead to health issues.

Meanwhile, somebody who's eating a 100 percent whole food, plant-based diet eliminates not only the animal products but also highly refined and processed foods. They might best be described as plant-only eaters.

After all, it's possible that you could be plant-based and eat only 60 or 80 percent of your diet from plants. While you'll still get some health benefits doing this, you'll see the best results – and the most effective weight loss – if you move to a plant-only diet [4]. In fact, if you do this, you may never have to struggle with weight again. And as a bonus, data indicates that eating more plants and less meat can also help you save money in the long run [5].



CHAPTER 2

How will a plant-based diet help me lose weight?

2

How can a plant-based diet help me lose weight?

The answer can be summed up in two words: calorie density. Never heard of it? Here's what it is and why it's [key for weight loss](#).

Calorie density means the number of calories in a pound of food; it's the reason you can eat more on a plant-only diet and still slim down. Research shows that people eat the same volume of food every day – generally between three and five pounds [6]. By choosing foods that are low in calories but high in volume, you can not only eat more but you also feel fuller on fewer calories. So what are the most filling foods on earth? You guessed it: plants [7].

Plants contain high amounts of fiber and water, and that combination makes you feel fuller on fewer calories a day. Water, after all, adds weight without adding calories to the food, which is why you're able to eat more and still lose weight. That's also why science consistently shows that vegetarians and vegan have a healthier body weight and body mass index than their meat-eating peers [8].

Note, though, that you can only get fiber from plants, and you need fiber for so many reasons. These include helping you keep a normal weight, lowering your cholesterol, and even living longer [9]. The trouble is that most Americans fall short on their fiber intake. Research indicates that most Americans are eating only 15 grams a day, while adult women need at least 25 grams per day and adult men need 38 grams [10].

Although you won't be counting calories or measuring portions with calorie density, it does help to know the weight and volume of certain foods so you know how to structure your meals. Here's a calorie density scale from forksoverknives.com [11]:

CALORIE DENSITY SCALE

| Foods | Calories/pound |
|---|----------------|
| Vegetables | 60-195 |
| Fruit | 140-420 |
| Potatoes, pasta, rice barley, yams, corn, hot cereals | 320-630 |
| Beans, peas, lentils (cooked) | 310-780 |
| Breads/bagels, fat-free muffins, dried fruits | 920-1360 |
| Sugars | 1,200-1,800 |
| Dry cereals, baked chips, fat-free crackers, pretzels, popcorn | 1,480-1,760 |
| Nuts/seeds | 2,400-3,200 |
| Oils | 4,000 |

Many people can avoid weight gain or perhaps even lose weight (depending on your activity levels) by sticking with foods that are under 800 calories per pound [12]. Yet as soon as you start eating foods with more than 800 calories per pound, you may stop losing weight and will most likely gain weight, according to the University of California Davis Integrative Medicine [13, 14].

Too confusing? Keep it simple by following this rule from plant-based chef, author, and weight loss expert Chef AJ: if you want to guarantee weight loss, load at least half your plate at every meal (even breakfast) with vegetables [15].



CHAPTER 3

What other health benefits will I get from eating plants?

3 What other health benefits will I get from eating plants?

Losing weight is just one of the benefits you'll get from eating plants. There are tons of others, including the following:

■ Your heart will get healthier:

A plant-only diet is the only diet that's been shown not only to reduce your risk of heart disease but, in many cases, reverse it [16]. Considering that heart disease is the number one killer of both men and women, that's big news.



■ You'll ward off diabetes:

Animal foods have been shown to increase blood sugar which can raise the risk of diabetes, but that changes when you eat plants [17]. Many people with type 2 diabetes have actually been able to reverse their disease and even come off insulin by eating plants [18].

■ You'll build brain health:

Researchers studying dementia and Alzheimer's have found that a whole food, plant-based diet can reduce the risk of Alzheimer's by 53 percent [19]. According to researchers at the Loma Linda University Medical Center in California, some of the best foods for the brain include blueberries, beans, leafy greens (like spinach and kale), green tea, avocado, and broccoli [20].

You'll lower your risk of numerous cancers:

When you load your diet with fruits and vegetables, you're eating high amounts of antioxidants that can help fight cancer. Even the World Cancer Research Fund and American Institute for Cancer Research recommend basing your diet around plant foods to reduce cancer risk [21]. The fiber in plants also helps prevent certain cancers [22]. Meanwhile, grilled, red, and processed meat products and dairy products have been linked to various cancers, including colorectal, prostate, breast, and ovarian cancer [23], so by avoiding these foods, you're lowering your risk.

Your skin will glow:

Struggling with acne? Wrinkles? Dull complexion? Dairy has been shown to make acne issues worse [24] and other studies point to red meat consumption in particular as one culprit behind wrinkles [25]. Yet when you eat plants, your skin health naturally improves. In fact, eating more fruits and vegetables has even been linked to a rosier complexion [26].

You'll have more energy:

You don't need a study to tell you this – just listen to the growing number of professional and Olympic athletes who are switching to a plant-based diet [27, 28]. If anybody needs energy, it's them, and so many report having more energy as a result.

You'll sleep better:

Eating meat and animal-based foods has been shown to worsen sleep apnea [29]. Plus, if you're struggling to get the sleep you need, too little fiber and more saturated fat and sugar has been associated with lighter, more disrupted, and less restorative sleep. Yet when you improve the quality of your diet and eat more plants, sleep quality improves [30].



| Your eyes will benefit:

Plants are so nutrient-dense that they can even aid your eyes. A recent study linked eating antioxidant-rich, colorful fruits and vegetables with a lower risk of age-related cataracts while other studies have shown that plants like dark green leafy vegetables and beetroot can help prevent macular degeneration [31, 32].

| You'll get happier:

Strange as this may sound, people who eat a diet based primarily on plants actually have fewer bouts of depression and a higher emotional well-being [33].

| You'll lower your blood pressure and cholesterol:

Unlike animal products, plants are cholesterol-free, and studies show that eating plants can help lower your cholesterol [34]. The same is true for blood pressure [35]. Compared to meat eaters, vegetarians have been shown to have lower blood pressure, namely because plants are high in potassium, which helps lower blood pressure. Plants are also low in sodium and fat, both of which can affect cholesterol and blood pressure.

| You'll have a healthier gut microbiome:

Every time you eat, you're feeding the bacteria in your gut. That's key because that microbiome is like your second brain, largely because it controls so much of your health. A [healthier gut equals better health](#) overall, and studies show feeding it a fiber-rich diet is one of the best ways to keep that gut healthy. Meanwhile, fried foods, high-fat dairy products, and red meat can encourage the growth of disease-causing bad bacteria [36].



CHAPTER 4

How a plant-based diet can help the planet and animals

4 How a plant-based diet can help the planet and animals

Many people turn to plant-based diets to improve their health. And as you now know, it's one of the best diets not only for losing weight but also getting healthier. Yet if you also care about the environment and animals, you'll be glad to hear that a plant-based diet can help both.



Environmental benefits

Numerous studies now point to the environmental damage meat-based diets have on the Earth. For instance, according to Climate Nexus, did you know that animal agriculture accounts for 44% of methane emissions, the primary driver of climate change [37]? Livestock also contributes to water and air pollution and forest deforestation that indirectly harm human health. This is one reason a recent major scientific published in The Lancet recommended the Planetary Health Diet, suggesting that Americans drastically cut their consumption of animal products. For instance, it suggests individuals should eat no more red meat each week beyond the equivalent of one beef burger [38].



How you'll be helping animals

And for those of you who are animal lovers, it's a hard fact to swallow, but animals in our food system suffer tremendously on a daily basis, often being abused, tortured, and then painfully slaughtered – all for no apparent reason, since humans don't need meat to survive. According to Sentient Media, estimates indicate that 97 to 99 percent of animal products in the American diet come from factory farms, and every day, three billion animals are killed for food consumption in the United States [\[39\]](#).

By switching to a plant-based diet, you're not only helping your waistline (and overall health), but you're also doing good for the Earth and its animals.



CHAPTER 5

Meet your plant-based plate

5 Meet your plant-based plate

It's easy to say eat plants, but it's not always easy to wrap your head around how to structure your meals when you're not used to it. So what can you eat?



The T. Colin Campbell Center for Nutrition Studies offers a simple food guide that arranges food in a traffic light system. Green means go, and these are the foods you should be loading your diet with. They're the most nutritious, health-promoting, and disease-preventing foods that can be eaten in abundance. One quick note about nuts and seeds: while these are considered healthy, they are high in calorie density, which is why many experts advise not eating them for weight loss purposes.

As you move away from green foods, you'll veer into foods that fall into the caution zones, and you should eat them sparingly. Some of these foods are healthy, but they're also high in fat (even the good kind). The trouble is, when you stop eating the SAD diet and transition to plant-based, you might eat more of these yellow and orange-light foods if you're craving the fat you're not getting from cheese and meat. So proceed with caution.





Red light foods makeup the third category. These are foods you should avoid at all costs. Not only are they dangerous to your health, they can also make you gain weight.

Green light foods

Whole plants: Vegetables, fruits, legumes, whole grains, nuts, and seeds.

Yellow light foods

Plant-based, minimally processed foods (only one to two steps from nature): Whole grain pastas, breads, and cereals.

Orange light foods

Plant-based, more processed: Processed plant fragments that are often combined with other ingredients (like plant-based cheese products, protein bars, and white bread).

Orange/red light foods

Salt, oil, and sugar: All oils, sweetened beverages, and packaged foods.

Red light foods

Animal products: Any food that comes from an animal source, including beef, chicken, fish, dairy, lunch meats, and more.

Or to make it easier, use the [Power Plate](#) from the Physicians Committee for Responsible Medicine, which divides your plate into four equal quadrants: fruits, vegetables, legumes (like beans, peas, and lentils), and whole grains.



CHAPTER 6

Simple steps to transitioning to a plant-based diet

6 Simple steps to transitioning to a plant-based diet

Changing what you've been eating since day one isn't easy. While some people can make the switch overnight, the majority take longer. And that's okay. [Any step you take](#) toward eating more plants is a step toward shedding that weight for good (and keeping it off) along with getting healthier overall.

If you're not ready to commit to a plant-only diet, here are six small steps to help you make the transition. Any one of them can be a good starting point. As you master one, move to another.

TRANSITIONING STEPS

1. **Ditch the dairy:**

Now that there are so many non-dairy milks, cheeses, yogurts, and ice creams on the market, it's easier than ever to go dairy-free. In fact, many plant-based docs recommend this as a first step since numerous studies show that dairy can potentially be dangerous to health. Use non-dairy products the same way you use traditional dairy. For instance, pour non-dairy milk on your cereal or make a smoothie with non-dairy yogurt.

2. **Adopt the Meatless Monday habit:**

Commit to eating meatless just one day a week via this global campaign, and you may find that you feel so good doing one day that you want to keep adding more.

3. **Break the fast with plants:**

Breakfast is probably the easiest meal to make plant-based, which is why it's often a good starting point.

4. **Follow the One-Meal-A-Day diet:**

This is a movement (with its own book) created by Suzy Cameron, wife of film director James Cameron, who advocates swapping at least one meal a day with plant-based foods.

5. **Make your favorite meals plant-based:**

You can make any dish plant-based these days, including pizza, lasagna, or macaroni and cheese. So think about the meals you make most often and look at how you can replace any animal products with plant-based foods. Come up with about five staple recipes that you can do this with and just rotate through them and add more as you get more adventurous.

Swap beef for beans:

Got a recipe that calls for beef? Beans are an easy switch, as you can use them for burgers, tacos, soups and stews, meatloaf, and so many other dishes. As a bonus, according to research by the Blue Zones, the healthiest, longest living people in the world eat beans daily [\[40\]](#).





CHAPTER 7

Sample one-day eating plan

7

Sample one-day eating plan

To help rev your weight loss journey on a plant-based diet, you'll find one day's worth of recipes below. The day is structured with three meals and two snacks.

Know that studies have gone back and forth about whether you should eat three meals or five mini-meals a day, so do what's best for your body. You might find that three meals a day are enough, or you may need a snack or two, especially if you're squeezing exercise into the day.



Breakfast

Roasted Potato and Veggie Hash

Snack

Fresh fruit of your choice

Lunch

Sweet Potato, Caramelized Onion, and Rice Buddha Bowl

Snack

Hummus with Red Pepper

Dinner

My Favorite Savory Meatless Bean Balls



Roasted Potato and Veggie Hash

Preparation Time: 20 minutes

Cooking Time: 35 minutes

Yields: 4 servings

INGREDIENTS

- 3 cups (375g) peeled, diced sweet potatoes (1/2-inch pieces)
- 3 cups (450g) diced Yukon Gold potatoes (1/2-inch pieces)
- 1 packed cup (160g) diced red onion
- 2 red and green bell peppers, diced (350g)
- 2 tablespoons (30g) fresh lemon juice
- 1 1/4 teaspoons (8g) fine salt, separated
- 1/2 + 1/8 teaspoon (2.5g) ground black pepper, separated
- 1 teaspoon (4g) garlic powder
- OPTIONAL: 1 tablespoon freshly chopped rosemary or herb of choice for serving; store-bought salsa

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Line a very large sheet pan with parchment paper. This makes a lot, so a large pan is needed.
2. Add the diced sweet potatoes and Yukon Gold potatoes to a large ziplock bag and set aside.
3. Add the onion and bell peppers to a medium bowl and set aside.
4. Add the lemon juice, 1 teaspoon salt, 1/2 teaspoon black pepper, and garlic powder to a small cup and stir well. Pour the mixture into the bag with potatoes. Shake the bag well, pressing the bag with your hands to ensure the potatoes all get coated well.

5. Spread out the potatoes evenly on the prepared pan in a single layer, making sure they don't overlap. Bake at 400°F for 15 minutes and remove from the oven.
6. Turn the heat up to 425°F.
7. For the bowl of bell peppers and onion, make sure they are dry and not sitting in excess moisture at the bottom of the bowl. If they are, drain them and pat well with a paper towel. Season the bell peppers and onion with the remaining 1/4 teaspoon salt and the remaining 1/8 teaspoon black pepper and toss to ensure even coating. Add them to the pan of potatoes and stir around all the veggies until evenly mixed. Sprinkle salt and pepper lightly on top.
8. Bake at 425°F for 15 to 20 minutes or until the potatoes are fork-tender and nicely browned. I like to turn up the broiler for the last minute or two to get extra browning. To serve, sprinkle with freshly chopped rosemary or herb of choice if desired. Serve with salsa, which really livens up these already delicious potatoes.

Nutrition per cup: 216 calories | 0.4g fat | 5.1g protein | 50.8g carbs | 7.7g fiber | 10.8g sugar | 822mg sodium

NOTE

The lemon juice is what helps the seasonings to stick to the potatoes since there is no oil. It also prevents the potatoes from sticking to the parchment paper, so don't replace with water!



Sweet Potato, Caramelized Onion, and Rice Buddha Bowl

Preparation Time: 25 minutes

Cooking Time: 45 minutes

Yields: 4 servings

INGREDIENTS

- 1 1/2 cups (270g) dry long-grain brown rice
- 1 1/4 teaspoons (8g) fine salt, separated
- 2 large sweet potatoes, peeled and chopped into 3/4-inch pieces (5 heaping cups [625g])
- 1/4 teaspoon ground black pepper (1g), separated
- 1 1/2 packed cups (240g) finely diced red onion
- 1 large poblano pepper, seeds removed and diced (75g)
- 1 large red bell pepper, diced (160g)
- 6 packed cups (162g) fresh spinach
- 1 (15-ounce) can low-sodium black beans, drained and rinsed, or 1 1/2 cups cooked (255g)
- 4 tablespoons (60g) coconut aminos
- OPTIONAL: toasted sesame seeds

DIRECTIONS

1. For fluffy rice, I recommend first rinsing it with cold water. Add the rice, 2 1/4 cups (540g) water, and 1/2 teaspoon salt to a medium pot; bring to a boil. Once boiling, stir, cover, and reduce to simmer for 25 to 30 minutes or until all the water is gone. Remove from the heat (keep covered) and let it steam for 10 minutes. Fluff with a fork and leave uncovered to cool for 5 minutes.
2. Meanwhile, preheat the oven to 425°F.

3. Line a large sheet pan with parchment paper. Do not use foil, as the potatoes will stick.
4. Spread the chopped potatoes in a single layer on the prepared pan. Sprinkle teaspoon salt and 1/8 teaspoon pepper on the potatoes. Bake at 425°F for 20 minutes, flip, and cook 10 to 15 more minutes until tender and browned.
5. Meanwhile, add the onion, 3 tablespoons water, 1/4 teaspoon salt, and 1/8 teaspoon black pepper to a large pan over medium heat. A stainless-steel pan would work well to caramelize without any oil. Stir well and once the onions come to a simmer, stir-fry continuously until caramelized and nicely brown. Don't leave unmonitored, as they can burn. The water from the onions should keep them cooking as long as you keep stirring. This should take 5 to 8 minutes. They should have a nice brown color and be sweet and delicious. Transfer the onions to a small plate.
6. Add the poblano pepper, bell pepper, 1/4 cup (60g) water, and 1/4 teaspoon salt to the same pan you cooked the onions in. Turn the heat to medium-low and cook for about 8 minutes, stirring often, until softened. If needed, add just a touch of water to keep the veggies cooking. Transfer the peppers to a plate.
7. Add the spinach to the same pan with 2 tablespoons (30g) water and cook just a couple of minutes, stirring often, until cooked through.
8. Heat the black beans in the microwave or on the stove.
9. To serve, place the rice at the bottom of a large serving bowl and top with the cooked onions, poblano and bell pepper mixture, sweet potatoes, spinach, and black beans. Drizzle with the coconut aminos and toss everything to coat. Sprinkle the sesame seeds on top if desired.

Nutrition per serving: 516 calories | 2.7g fat | 14.3g protein | 110.6g carbs | 13.6g fiber | 16.7g sugar | 917mg sodium



Hummus with Red Pepper

Preparation Time: 10 minutes

INGREDIENTS

- Two 15 oz cans organic garbanzo beans, drained and rinsed
- 2/3 cup of roasted red peppers
- 2 large garlic cloves
- 1/4 cup low-sodium vegetable broth – add more as needed to blend
- 2 heaping tablespoons tahini
- 1 tsp hot pepper paste – I use Amore hot pepper paste
- Juice from 1 lemon to desired taste
- 1 tsp fine sea salt
- 1/8 tsp ground black pepper

DIRECTIONS

1. Add all the ingredients into a food processor and pulse until puréed and creamy, scraping down the sides as necessary. This will take a few minutes.
2. Taste and adjust any seasonings if desired.
3. Serve with carrots or homemade tortilla chips or eat by itself.



Savory Meatless Bean Balls

Preparation Time: 25 minutes

Cooking Time: 38 minutes

Yields: 5 servings

INGREDIENTS

- 3/4 packed cup (120g) finely diced red onion
- 1 (15-ounce) can low-sodium chickpeas, drained, rinsed, and patted dry, or 1 1/2 cups cooked (255g)
- 4 tablespoons (60g) tomato paste
- 2 tablespoons (30g) vegan Worcestershire sauce
- 1 to 2 teaspoons (2 to 5g) mild chili powder
- 1 teaspoon (3g) smoked paprika
- 1/2 teaspoon (3g) fine salt
- 1/4 teaspoon (1g) ground black pepper
- 1/4 cup (40g) fine cornmeal
- 1/4 cup (40g) brown rice flour
- OPTIONAL: hot cooked pasta, chopped fresh parsley, Easiest-Ever Pizza/Spaghetti Sauce (page 230, *The Vegan 8*) for serving

DIRECTIONS

1. Add the onion and 3 tablespoons (45g) water to a small stainless steel pan over medium heat. Bring to a simmer and cook for 5 minutes, stirring occasionally.
2. Once the water is gone, cook for 3 more minutes, stirring constantly, to brown the onions a bit. This will give the balls a lot of flavor. Turn the heat down if the onion is browning too quickly.
3. Preheat the oven to 375°F. Line a sheet pan with parchment paper.

4. Add the cooked onions, chickpeas, tomato paste, and Worcestershire sauce to a food processor and pulse several times or just until the chickpeas are broken up into smaller pieces and have a rough, chunky texture. Don't purée this. You will need to scrape the sides after the first pulse. If there are whole chickpeas remaining, then mash them with a fork so no whole chickpeas remain. Set aside.
5. Add the chili powder, paprika, salt, pepper, cornmeal, and rice flour to a large bowl and whisk well. Add the chickpea mixture to the spice mixture; stir and press the mixture together for several minutes until it is well moistened and comes together. Using your hands, form the mixture into a sticky, cohesive ball. You will need to rotate and knead the mixture several times.
6. Scoop 1 1/2 tablespoons of chickpea mixture out and press together to form a ball. The mixture is too delicate to roll into balls with my palms, but I found placing a ball in one hand while pressing and piecing it together with my fingertips worked well. Just make sure each ball is compact and smooth. This will yield 15 balls. Place them on the prepared pan.
7. Bake at 375°F for 15 minutes, flip over, and bake 15 more minutes. Let cool for 10 to 15 minutes so they can firm up. Store any extra in the fridge.
8. If desired, serve with pasta and sauce. Add the desired amount of sauce to a large stainless steel pan over medium-low heat. Add only the balls you want to eat at that time to the sauce and rotate them carefully for 3 to 4 minutes or until cooked through. The balls will soften too much if stored in the sauce overnight.

Nutrition per serving: 158 calories | 2.3g fat | 6.3g protein | 29.8g carbs | 5.8g fiber | 5.4g sugar | 519mg sodium

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Ready to take the plunge into a plant-based diet? As overwhelming as this sounds, it's actually easier than you think. And whether it's for your skin developing a healthier glow, your energy increasing, or the weight beginning to fall off, the effects are immediate.



But no worries if you mess up every now and then. You have at least three chances a day – five if you're doing snacks – to make a difference in your health and weight, so just shake off any misstep and aim to do better the next meal. And each time you do choose to eat healthier, you'll be that much closer to making plants the automatic choice. Bon appe-plant!

“

***Let food be thy medicine,
and medicine be thy food.***

”

— Hippocrates



CHAPTER 8

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