



# **The Abundance Diet: The 28-day Plan to Reinvent Your Health, Lose Weight, and Discover the Power of Plant-Based Foods**

*Somer McCowan*

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This groundbreaking cookbook and diet plan is for anyone who wants to take control of their weight and health through whole plant-based foods. Somer's 28-Day Diet Plan includes a foreword by Neal Barnard, M.D. and a (optional) bonus juice feast to kick start your weight loss and health journey. The plan includes over 100 delicious recipes (all gluten-free) and is customizable to suit individual tastes. Among the delicious, nutrient-packed recipes are:

- Cheesy-Smoky-Spicy Black Bean Soup
- Tropical Colada Green Smoothie
- Grilled Eggplant and Zucchini Lasagna
- Bananas Foster Pancakes
- Blueberry Peach Tart with Apricot Crumble
- Many more...

Somer, herself, reversed severe Ulcerative Colitis through a plant-based diet, and many who have tried her plan lost weight quickly and safely, while feeling full and eating an abundance of whole plant-based foods. Part of what makes this plan so unique is that the author has simplified the method so readers don't have to count calories.

With The Abundance Diet, readers can dramatically change their overall health, reduce their cholesterol, take control of their blood pressure, and shrink their waistline. In addition to the 28-Day Diet Plan and bonus juice feast, an entire chapter is devoted to fitness, helping the reader to incorporate exercise regardless of fitness ability. Color photos. References. Index.

Note: Four Meal Plan Menu charts were inadvertently omitted from the first printing of *The Abundance Diet*. You can download them from the author's and publisher's websites.

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