



WTF WFPB - 4 weeks 4 health: A Whole Food Plant-Based Meal Plan to get you started

Victoria Plas

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Get started with this 4 weeks 4 health complete plan and go Whole Food Plant Based! Do you want to eat more veggies, ditch the animal protein, and get an awesome, healthy and energetic body and mind while saving the planet but have no clue how to start? You do now ;-) This book includes: -Explanation of a Whole Food Plant Based diet -Recipes for breakfast, lunch, dinner and snacks for 30 days (tasty, healthy and easy to make) -Diary pages (you will not believe the difference you will feel in only four weeks. Keep track of it all! The Whole Food Plant Based diet is known to About the author: Victoria Plas (13) is the youngest Plant-Based Nutrition Studies graduate from eCornell and passionate about life. Although she's still in high school, she dreams about studying medicine at Yale or Cambridge followed by a career as a doctor.

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