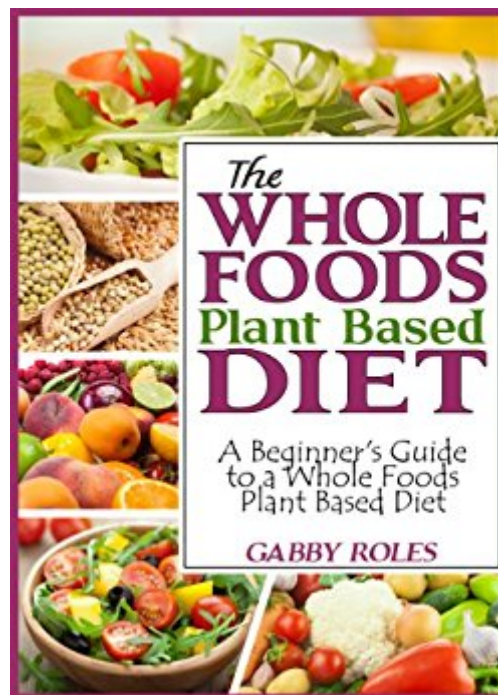




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The Whole Foods Plant Based Diet: A Beginner's Guide To A Whole Foods Plant Based Diet



Synopsis

Does a whole foods plant based diet intrigue and scare you at the same time? Do you wonder just what people on these diets eat? Have you avoided this type of diet because you thought there was no way you could live on vegetables alone? The good news that *The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet* will help to put all of your fears behind you. This nutrition book for beginners helps you to realize that this is not a diet; it is a way to change your life for the better. Whether you are just curious about this diet or your doctor has recommended that you start to watch what you eat, take a look at what you can gain from this book:

- Gain a thorough understanding of whole foods and which foods qualify
- Learn how to shop for and cook whole foods
- Understand how the right plant based foods can help you fight chronic illness
- Learn how to fight the signs of aging
- Understand how to achieve overall wellness

Download *The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet* and see just how much you can change the way you eat. This is not a steadfast diet that must be strictly followed. It is a gentle guide to ease you into healthy eating and turning your mediocre health into great health that promotes a long, healthy life.

Book Information

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Customer Reviews

This is a good introduction to whole food eating, but there are no recipes or detailed meal plans. It really just details the reasons why you might want to switch to a whole foods diet, which is okay except that have already made that decision, which is why I purchased the book in the first place, hoping to get some recipes. If that's what you're looking for, don't waste your time or money on this

I was looking for a book that would help explain whole foods by their classes and the type of nutrients they have; not a suggestion to use quinoa and brown rice and to have a rainbow of colors on my plate. This book is really for the audience who doesn't know what they are missing by having a well rounded diet, which he reiterates through out the whole book. Somewhat like trying to convince the reader that eating healthy is a good idea, which it is, but I didn't buy this book to read that. If you truly are needing tips on what to eat instead of frozen foods, take out, pizza, cheez-its and ben&jerrys, then this book may be of some assistance. If you already have a handle on eating healthy and need insight on how to actually create a whole foods diet (not just suggestions for what you can eat here and there) i would not recommend this. Also the book is quite short. I flew through it in less than an hour and (due to already knowing how to eat properly) i didn't get much out of it. But like i said, if you are completely lost and feel clueless about fruits, vegetables, and how a well rounded diet can affect your life, this would be a good buy.

This pamphlet reads like a high school essay. I am absolutely shocked that it was published and sells for such a high price. The author uses a large font, quadruple spaces between her bulleted lists, leaves a large amount of white space on most pages, and repeats the same basic information throughout the book. Had the author of this tiny 57-page book used a normal font and normal margins, she would probably have a 10-page book. It is geared for a child first learning about nutrition, and should be marketed this way. Adults will learn very little. You will not find a bibliography as she does not use any quotes or expert information from medical and nutrition experts. She doesn't cite anything as there really isn't anything to cite. You will literally read it cover to cover in 10 minutes. Absolutely a complete waste of money - I can't return this book to fast enough!

Useful but very short. When it says beginner in the title it is more like a very nutritional novice. Useful as a health pamphlet to keep around. Useful descriptions and reasoning but very little on techniques and no recipes.

The author has put together an outstanding resource for anyone wanting to learn what all the buzz about eating whole foods. She covers what to eat and more importantly what foods to steer clear of. She gives some great tips on how to eat healthier like, adding flax seed to whole grain cereal, and adding plant based, natural nut butters to whole grain bread. She further discusses the heart healthy foods, like almonds, blueberries and broccoli, and how proper foods and healthy skin care work in conjunction with one another. I appreciated the fact that the author goes so far as to give a list of nutrients and which whole foods will provide them. This book is full of solid content. No fluff. I have no excuses now!

The Whole Foods Plant Based Diet is a very well written book for beginners. I've found a lot of books that tend toward guilt and shaming the reader into taking on this approach, but this book departs from those by emphasizing the FOOD as opposed to the source of the food. It's not preachy about organic or not, but simply explains the benefits of eating healthfully by eating whole foods prepared properly. I LOVE THIS BOOK! It's a very well written book that instructs without preaching and to me, that's worth a LOT! For anyone who would like to understand the benefits of healthy whole food eating, THIS IS THE BOOK TO GET... HANDS DOWN!!

There's a mountain of information here. It explains the value of a healthy lifestyle and the need to change from 'fast and convenient foods' replacing them with easily prepared alternatives that are healthy and affordable. Beans (legumes) for example are amongst the cheapest foods available and you can do so much with them! I didn't realise that steaming broccoli is not a good idea. I steam all my vegetables and thought I was doing the right thing. It surprised me to find that stir frying is a better alternative. Gabby gives some nice easy tips too which I appreciated. A very informative book and a great resource.

This is an easy to follow book. Starts with the basics and gradually works its way to more advanced stuff about the whys and ifs of a whole food plant based diet. The book explains why the quote "You are what you eat," is not an overstatement. Whether you are taking a whole food plant based

approach to combat acute or chronic illness; or just for a whole healthy balanced diet, there is a guide in this book that will see you through. Highly recommended!

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