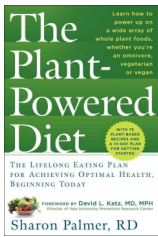


The plant-powered diet : the lifelong eating plan for achieving optimal health, beginning today

## "The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today " reviewed by Vanilla Chameleon on March 22, 2013



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**Title:**

The Plant-Powered Diet: The Lifelong Eating Plan for Achieving Optimal Health, Beginning Today

**Author:**

Sharon Palmer, David L. Katz

**This is a:**

book

**Your Review:**

Start with a generous portion of health-focused motivation, stir in plenty of quick/easy recipes, then finish with a pinch of environmental awareness and, voila! You've got this reasonable introduction to shifting yourself towards a mostly plant-based diet. I found this book informative yet easy to read with practical tips for increasing your veggie intake, and clear explanations of how and why doing so could lead to better health. While it provided a reasonable discussion of the philosophical benefits of going vegan, it steers clear of using scare tactics and won't send the occasional omnivore on a gustatory guilt trip.

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