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19/8/2014 · The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole Food, Plant-Based Diet by Matthew Lederman and Alona Pulde is a guide to a healthy lifestyle rather than a diet book. Both authors are medical doctors and have personal biographies at the beginning of the book.

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*The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet [Pulde M.D., Alona, Lederman M.D., Matthew, Stets, Marah, Wendel, Brian, Thacker, Darshana] on Amazon.com. *FREE* shipping on qualifying offers. The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet*

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The Forks Over Knives Diet | Forks Over Knives

The Forks Over Knives Diet was born out of the transformative power that whole-food, plant-based eating can have on health and well-being. It is centered on whole, unrefined or minimally refined plant foods and excludes or minimizes meat, dairy products, eggs, and highly refined foods such as bleached flour, refined sugar, and oil.

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16/9/2014 · Alona Pulde, MD, is a family practitioner specializing in nutritional and lifestyle medicine in Los Angeles. Alona developed the lifestyle change program used for patients in the film Forks Over Knives, as well as in her clinic, Transition to Health: Medical, Nutrition, and Wellness Center. She is the author of Keep It Simple, Keep It Whole: Your Guide to Optimum Health and The Forks Over ...

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