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14/8/2017 · Whole Food Plant-Based Recipes. If you wish to take your health one step further, a whole food plant-based diet (WFPB) may be for you. The following cookbooks come from some of the biggest experts in the vegan health front, showing how a diet made up of whole plant-foods can take your well-being to the next level.

Yes, all of the recipes in this book are vegan. Are the recipes plant-based/whole food plant-based?

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Yes, all of the recipes are plant-based and almost everything is whole food plant-based. You will find a small amount of oil used for cooking in some recipes but there's the option to omit it.

11/4/2017 · Standing on the shoulders of the Whole Foods Market brand and featuring an accessible 28-day program, delicious recipes, inspirational success stories, and a guilt-free approach to plant-based eating, THE WHOLE FOODS DIET is a life-affirming invitation to become a Whole Foodie: someone who loves to eat, loves to live, and loves to nourish themselves with nature's bounty.

7/7/2020 · Whole grains will make up a large part of your diet if you are eating whole-foods plant-based. Ideally, your meals will be half vegetables, one quarter beans and one quarter grains. You should strive for at least 3 servings of whole grains per day, according to Dr. Greger, author of How Not To Die .

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