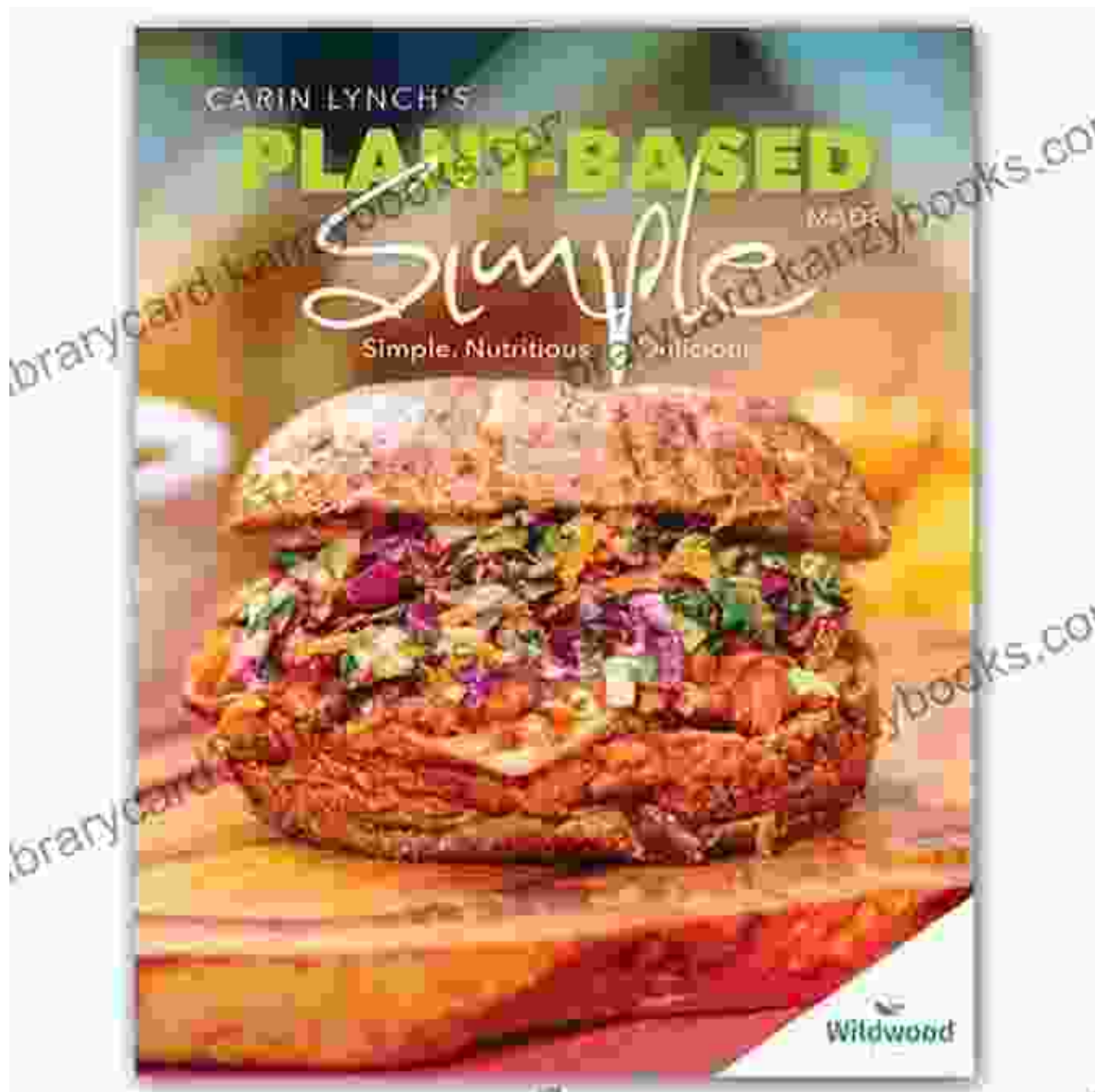


# Plant-Based Made Simple: The Ultimate Guide to a Healthier, More Sustainable Lifestyle



**Plant-Based Made Simple** by Carin Lynch

★★★★★ 4.7 out of 5

Language : English

File size : 14662 KB

Screen Reader: Supported



Print length : 192 pages

Lending : Enabled



Are you ready to make a change to a healthier, more sustainable lifestyle? Plant-Based Made Simple is the ultimate guide to help you transition to a plant-based diet easily and deliciously.

With over 100 mouthwatering recipes, this book will show you how to create delicious plant-based meals that are good for you and the planet.

In Plant-Based Made Simple, you'll find:

- Over 100 recipes for breakfast, lunch, dinner, snacks, and desserts
- A complete guide to plant-based nutrition
- Tips for making the transition to a plant-based diet
- Meal plans and shopping lists to make it easy to get started

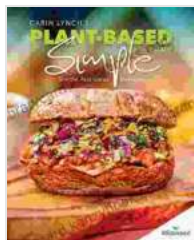
If you're ready to make a change to a healthier, more sustainable lifestyle, Plant-Based Made Simple is the perfect book for you.

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Plant-Based Made Simple is available now at Our Book Library, Barnes & Noble, and other major retailers.

## About the Author

Carin Lynch is a registered dietitian nutritionist and certified plant-based chef. She is passionate about helping people make the transition to a plant-based diet, and she loves creating delicious recipes that are good for you and the planet.



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