



The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet

Alona Pulde M.D., Matthew Lederman M.D.

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The latest in the bestselling *Forks Over Knives* franchise—a 28-day guide to transitioning to a delicious whole-foods, plant-based diet.

The trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution. Backed by scientific research, the film's doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat, dairy, and highly refined foods off the plate, and adopting a whole-food, plant-based diet instead...and people listened.

Now, for the first time, *The Forks Over Knives Plan* shows you how to put this life-saving (and delicious) diet into practice in your own life. This easy-to-follow, meal-by-meal makeover is the approach Doctors Alona Pulde and Matthew Lederman (featured in the documentary) use every day in their nutritional health practice—a clear, simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium.

Week 1 you'll begin with breakfast and learn how to stock your refrigerator to help support this new way of eating.

Week 2 you'll move on to lunch and learn the basics of meal planning to keep yourself on track.

Week 3 you'll reimagine dinner and find out how to combat cravings.

Week 4 you'll master all the tricks and tips you'll need for the long haul, including how to eat on the go and how to snack healthily.

You'll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, and advice throughout the book from people just like you. Find out why physicians, athletes, fitness professionals, and others all over the world are overhauling what they eat—and feeling better than even before. Whether you're already a convert and just want a dietary reboot, or you're trying a plant-based diet for the first time, *The Forks Over Knives Plan* makes it easier than ever to transition to this healthiest way of eating...and to maintain it for life.

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From reader reviews:

Michael Moore:

People live in this new time of lifestyle always make an effort to and must have the time or they will get large amount of stress from both lifestyle and work. So , whenever we ask do people have free time, we will say absolutely without a doubt. People is human not really a huge robot. Then we question again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, the particular book you have read is The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet.

Deborah Wilkerson:

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Paul Smith:

Is it anyone who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This The Forks Over Knives Plan: How to Transition to the Life-Saving, Whole-Food, Plant-Based Diet can be the respond to, oh how comes? A book you know. You are therefore out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these books have than the others?

Charles Bock:

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