

Plant Based Nutrition 2e Idiots Guides

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Ray Cronise is a scientist-innovator focused on disrupting diet and nutrition advice. He's the mastermind behind Las Vegas magicians, Penn Jillette's plant-based diet 100-pound weight loss.

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The Complete Idiot's Guide to Plant Based Nutrition, by Julieanna Hever is a beautifully written work which explains the importance of healthy eating. The book is designed for people who know little about plant based nutrition, and for those who are fully knowledgeable.

~~The Complete Idiot's Guide to Plant Based Nutrition ...~~

This book is hands down the BEST guide to plant-based nutrition! It is extremely lengthy, but well written and incredibly informative. I follow a plant-based lifestyle and am familiar with a lot of the topics that were discussed but it was nice to be able to read about them more in-depth.

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