

[PDF] The Plantpower Way: Whole Food Plant-Based Recipes And Guidance For The Whole Family

Rich Roll, Julie Piatt - pdf download free book



Books Details:

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Author: Rich Roll, Julie Piatt

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Description:

A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt

Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, *The Plantpower Way* has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts.

But beyond the plate, at its core, *The Plantpower Way* is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. *The Plantpower Way* is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

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