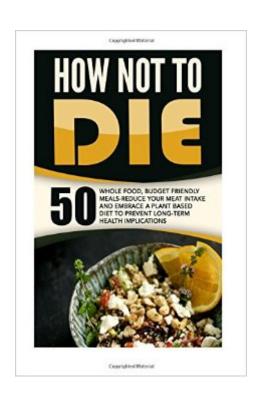
### The book was found

# How Not To Die: 50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications





## **Synopsis**

50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications So, the science is amazing. But, the reality can feel daunting. How do you go from meat-loving to meat-free eating without missing all of that hearty, filling, animal-based protein? The answer: Transition yourself slowly into a plant-based diet plan Making the switch from processed-foods and the carnivore world to whole plant-rich foods can be a little daunting when you start to see the big world of exotic sugars, cacao, flours, fruits etc. But the truth is, learning how to eat a plant based diet on a budget is really easy if you start with very basic eliminations to your diet and replace those items. The best way to stop eating meat is to really understand how many alternatives there are on a plant-based diet plan. Sure, you can make a guick meal with meat, fish, or poultry, but there are so many simple swaps that youâ ™II learn to love! This book will let you know why the whole food, plant based diet is the best diet for your health. It will also teach you how to prepare 50 easy, affordable, and delicious whole food, plant based dishes at home. Build weeksâ ™ worth of meal plans by mixing and matching breakfast, soup, salad, main dish, and side dish recipes in this book. Here Is A Preview Of What You'll Learn... Mason Jar Overnight Oatmeal Chia Pudding with Pomegranate Seeds Cinnamon and Raisin Rice Pudding Baked Sweet Potato Curry Soup Spinach and Bell Pepper Salad Artichoke and Garbanzo Bean Salad with Tomato Dressing Fancy Baked Pineapple Rice with Veggies Stir-fried Bamboo Shoots and Mushrooms Roasted Squash with Herbs and Cranberries Grilled Chinese Mustard Cabbage with Zesty Dressing Spicy Oriental Greens Spicy Asian Eggplant Much, much more! Buy your copy today! Try it now, click the "add to cart" button and buy Risk-Free

# **Book Information**

Paperback: 116 pages

Publisher: CreateSpace Independent Publishing Platform (December 10, 2015)

Language: English

ISBN-10: 1519788428

ISBN-13: 978-1519788429

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews (69 customer reviews)

Best Sellers Rank: #30,679 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food &

Wine > Regional & International > European > Irish #18 in Books > Cookbooks, Food & Wine >

Cooking Methods > Budget #731 in Books > Cookbooks, Food & Wine > Special Diet

#### Customer Reviews

It is a sad fact that what the net has made possible are a bunch of vendors who market themselves in such a way as to ride on the coat tails of another success. In this case the original book, "How Not to Die" by Dr. Gregor is competent, well respected and evidence based. Dr. Gregor and his website have been extremely successful and rightfully so. Then along comes books like this: using nearly the same title, and that hope you will fail to notice the author, advice and content have absolutely NOTHING to do with Dr. Gregor or the original book. Sadly, I'm sure many people buy this book, thinking that it somehow expresses the information, foods and recipes in Gregor's book. This coat tailer has nothing to with Gregor, and his advice, recipes and foods are not approved by Gregor, and do not specifically follow Gregor's advice and foods. This copycat production does not appear to be competent. I urge you to look at the preview, which is simply a list of one paragraph generalities about vegetarianism, followed by a hodge podge of "recipes", the likes of which that you can download by the thousands - free - on the net. But hey - it's your money...

Don't buy this book. It's a fraud. These recipes do not follow the scientifically based recommendations from Dr Greger. What's up with for allowing this to happen?

This title is a blatant rip-off of Dr. Michael Greger's bestselling "How Not to Die." The greedy author and publisher are trying to mislead people. Get the real thing by Dr. Greger.

I thought this book would have more than just a bunch of quotes from famous people about vegetarianism. It is a waste of money.

I hope Dr. Michael Greger sees this and sues the author for using the same title as his book!! This recipe book does NOT accompany the book by the same title by Dr. Greger!!! Very misleading to the public on a very important subject!!. Do NOT BUY!! If you need a recipe book, get the "Preventing and Reversing Heart Disease Cookbook", which came out last August (2015).Good luck with diet and health!!

How can still let this opportunist sell this drivel with a new cover? This has been panned from the beginning and has NOTHING to do with the actual Greger title. Pass!!!

#### WAS NOT WHAT I EXPECTED

Simple content that can help you extend the life of several years. At the moment, we are living in a time when the food does little harm to human health, so it's very important to eat right. These 50 recipes can help you with that. I was convinced of this, quality ingredients and fine selection of everything that you need.

#### Download to continue reading...

How Not To Die: 50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Healthy Instant Pot (6 in 1): Low-Calorie Meals to Help Your Diet Plans (Low-Carb Budget-Friendly Meals) The China Study: Revised and Expanded Edition: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health (Smart Pop) The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet Cookbookà © (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) One Pot Low Carb: 50 Original One Pot Meals On A Budget-Save Money And Enjoy Budget Friendly One Dish Dinner Meat Recipes and Outdoor Cooking Box Set (5) in 1): Over 200 Smoking Meat, Slow Cooker Beef, Dutch Oven, Foil Packet and Jerky Recipes for True Meat Lovers (Smoker Recipes & Jerky) Make Ahead Meals: Stock Up On These 44 Fridge And Freezer Friendly Meals Ahead Of Time, And You'll Never Go Hungry Again-Save Time And Reduce The Stress ... Slow Cooker Recipes, Make Ahead Paleo) Vegan: 31 Affordable Plant-Based Vegan Diet Recipes (vegan diet, plant based, vegan cook book, oil free) Lean for Long-Term Care and Aging Services: Lean for Long-Term Care and Aging Services Freeze, Heat and Eat Box Set (5 in 1): Budget-Friendly, Low Carb, Microwave, Dump Freezer Meals for Busy People (Microwave Meals & Recipes) 30-Day Whole Food Cleanse: Plant Based Whole Foods for Beginners

Grandma's Meat Pies: Savory, Low-Budget Meat Pie Recipes! (Farmhouse Favorites) Critical Thinking in Long-Term Care Nursing: Skills to Assess, Analyze and Act (Cohen, Critical Thinking in Long-Term Care Nursing: Skills t) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Food Journal for Digestive Disorders: Keep Record of Food Intake and Symptoms in the Food Journal for Digestive Disorders

**Dmca**