



Health Plants Best Plant Based Cooking

Natalia Rudin



Health Plants Best Plant Based Cooking:

Health by Plants: the Best of Plant Based Cooking David Schliepp, Allison Schliepp, 2015-11-20 Health by Plants The Best of Plant Based Cooking brings you the best Whole Food Plant Based recipes in one convenient book As an added benefit every single recipe includes a full page photo The recipes in this book use no meat no eggs no dairy and no added oils We also look to reduce the amount of sugars in our recipes All recipes are also vegan Consider eating a Whole Food Plant Based diet as an investment in your health This book will give you the top recipes that our family uses on a regular basis Skip the trial and error and set yourself up with Health by Plants The Best of Plant Based Cooking and start your journey to healthier eating today This book appeals to anyone wishing to make a healthier choice Whether you are whole food plant based vegan vegetarian or a meat eater there is something in this book for you [Health by Plants: the Best of Plant-Based Cooking](#)

David Schliepp, 2015-12-01 Health by Plants The Best of Plant Based Cooking brings you the best Whole Food Plant Based recipes in one convenient book As an added benefit every single recipe includes a full page photo The recipes in this book use no meat no eggs no dairy and no added oils We also look to reduce the amount of sugars in our recipes All recipes are also vegan Consider eating a Whole Food Plant Based diet as an investment in your health This book will give you the top recipes that our family uses on a regular basis Skip the trial and error and set yourself up with Health by Plants The Best of Plant Based Cooking and start your journey to healthier eating today This book appeals to anyone wishing to make a healthier choice Whether you are whole food plant based vegan vegetarian or a meat eater there is something in this book for you

[Plant-Based Cooking for Two](#) Sara Speckels, 2021-11-02 Eat smarter with healthy plant based meals perfectly portioned for two Going plant based can be a fun and easy way to prepare and share meals together while embracing a healthy lifestyle Plant Based Cooking for Two makes it easy to create quick and delicious dishes designed to fit your budget and reduce processed ingredients The precise portions also help eliminate leftovers and food waste Go beyond other cooking for two cookbooks with Plant based diet 101 Discover the multiple science backed benefits of eating whole foods as well as how best to sustain the plant based diet with a partner Meal planning tips Make the most of your fresh ingredients with practical meal prep guidance and shopping tips that will save you time and money at the grocery store Healthy easy recipes Find delectable plant based entrees snacks and even desserts packed with nutrients and minimal amounts of salt oil and refined sugars Enjoy cooking and eating healthy meals together with this easy plant based cookbook **The Art of Plant-Based Cooking**

Barrett Williams, ChatGPT, 2025-05-15 Unlock the culinary secrets of a plant based lifestyle with The Art of Plant Based Cooking your comprehensive guide to transforming your kitchen and your health Whether you re a seasoned cook or a curious newbie this eBook will inspire and empower you to relish the endless possibilities of plant based meals Begin your journey with an insightful introduction to the rise and benefits of plant based diets debunking common myths along the way Discover the essentials to stocking a pantry with ingredients that will light up your taste buds and nourish your body Dive

deep into the world of homemade meat substitutes mastering the art of crafting your very own with essential techniques and tools Learn to wield the power of vital wheat gluten with our in depth seitan masterclass and explore the remarkable versatility of tofu and tempeh the mighty soy duo that can revolutionize your meals Harness the potential of legumes grains and mushrooms all nature's powerhouses to create flavors and textures that delight and satisfy Explore how vegetables nuts and seeds can take center stage in your dishes offering nutrient dense options that are as delicious as they are inventive Travel the world through an exploration of plant based dishes inspired by Asian Latin American and Mediterranean flavors Craft condiments and sauces that will elevate every meal with homemade spices and diverse dressings Indulge your sweet tooth with a chapter dedicated to plant based desserts from vegan baking basics to decadent treats Then learn the art of meal planning and preparation to make plant based living a seamless part of your lifestyle The Art of Plant Based Cooking is more than a cookbook it's an invitation to reflect on your journey embrace creativity and find inspiration for a lifetime of healthy eating Dive into this essential guide and discover the joy of plant based living today *Plant-Based Cookbook* Nic Heffernan, Calie Calabrese, 2020-09-05 A no bullshit approach to making plant based eating delicious and enjoyable whether you're all out vegan or a meat lover just looking to incorporate more plants into your diet Plant Based Cooking Well Kind Of takes you through the individual health scares that motivated Calie Nic made the decision overnight and stuck to it If they can do it so can you Your journey will be unique but their journeys will inspire you and remind you that it doesn't have to be so serious Just have fun with it Whatever your goal whatever your path Calie and Nic's recipes and kitchen tips make eating more plants easy appealing and honestly fun Their hilarious banter unbiased rating of each other's recipes and mix and match pairing system will help you discover your soon to be kitchen favorites with minimal hassle and maximum flavor And before you start with the excuses fears and limiting beliefs know that these two will debunk every one of them Do not purchase this book unless you are prepared to admit that plant based eating is simple affordable and just as tasty as any other way of eating It doesn't cost a fortune neither of them could do it if it did it doesn't require hours in the kitchen neither of them could do it if it did you don't need any special gadgets although Calie does love an air fryer you won't lose muscle or lack protein Nic got bigger and you can still have abs To the kids or partner looking over your shoulder right now with skepticism relax just because you're going to find more plants on your plate doesn't mean you have to give up animal products or your favorite treats This book is all about balance and finding your path to looking and more important feeling your absolute best Cheers *Straight Up Food: Delicious and Easy Plant-based Cooking without Salt, Oil or Sugar* Cathy Fisher, 2016-11-01 Straight Up Food is a health promoting cookbook full of familiar dishes that are easy to make and calls for easy to find ingredients Explore nearly 100 plant based vegan recipes that don't sacrifice flavor for health Dig into old favorites including beef stew without the beef Caesar salad split pea soup potato salad coleslaw pancakes blueberry muffins and carrot cake All recipes call for 100% plant foods vegetables fruits whole grains legumes nuts and seeds and contain no

animal derived ingredients meat beef pork fowl fish or seafood eggs honey or dairy products cow s milk cream butter cheese or yogurt Recipes also are without added salt oil and sugar are gluten free and emphasize the use of unprocessed foods This cookbook makes cooking easier for you because it has a spiral binding so the book lays completely flat full color photos throughout shopping tips at the start of most recipes and an index that is cross referenced with individual ingredients for example if you wanted to know all the recipes that call for beans or blueberries This book also offers lots of support to people who are new to this way of eating including information right up front as to why this way of eating is beneficial to health and the specific reasons that salt oil and sugar are not used in the recipes detailed nutrient and calorie breakdowns for all recipes and guidance on hot topics such as menu planning cooking and baking without oil using dried herbs and spices in the absence of salt reading food labels eating out and making your own healthy salad dressings *PlantYou* Carleigh Bodrug,2022-02-15 INSTANT NEW YORK TIMES BESTSELLER Plant based eating doesn t have to be complicated The delicious recipes in this easy to follow cookbook are guaranteed to keep you inspired and motivated Enter PlantYou the ridiculously easy plant based oil free cookbook with over 140 healthy vegan recipes for breakfast lunch dinner cheese sauces salad dressings dessert and more In her eagerly anticipated debut cookbook Carleigh Bodrug the Founder of the wildly popular social media community PlantYou provides readers with the ultimate full color guidebook that makes plant based meal planning grocery shopping and cooking a breeze With every single recipe you will find a visual infographic marking the ingredients you need making it easy to shop determine portion sizes and dive into the delicious and nutritious dishes Get ready for mouthwatering dishes like Chocolate Chip Banana Bread Breakfast Cookies Best Ever Cauli Wings and the Big BOSS Burrito that you simply won t believe are made from plants An instant kitchen classic In your quest to find delicious food that also promotes health both human health and the health of the planet and the animals we share our world with you ve come to the right place from the foreword by Dr Will Bulsiewicz [Mastering the Art of Plant-Based Cooking](#) Joe Yonan,2024-09-03 Discover the richness of global vegan cuisine with this practical guide to plant based cooking Yotam Ottolenghi featuring more than 300 mouthwatering recipes for flavorful staples weeknight meals and celebratory feasts from a James Beard Award winning food writer Packed with so many vibrant inventive recipes that you won t know what to try first Jeanine Donofrio creator of Love Lemons Plant based eating has been evolving for centuries creating a storied base of beloved recipes that are lauded around the globe Mastering the Art of Plant Based Cooking is the first book to collect these dishes and wisdom into a single volume treating vegan food as its own cuisine worthy of mastery As an award winning food editor and writer Joe Yonan has spent years reporting on and making plant based foods With his finger on the pulse of this ever growing cuisine he has collected recipes and essays from prominent food writers in the plant based sphere creating a book that shows the true abundance of vegan food around the world offering something for everyone The book opens with an in depth pantry section showing how to create homemade versions of foundational ingredients like milks butters stocks

dressings and spice mixes The following chapters build on these elements with recipes for meals throughout the day like Smoky Eggplant Harissa Dip Chile Glazed Sweet Potato and Tempeh Hash Citrus and Mango Salad with Fresh Turmeric and Cucumbers Bibimbap with Spicy Tofu Crumbles White Pizza with Crispy Cauliflower and Shitakes Enchiladas Five Ways Black Tahini Swirled Cheesecake With numerous variations on base recipes an extensive dessert section hundreds of vegan meals and stunning photography Mastering the Art of Plant Based Cooking will become a mainstay in your kitchen delivering new ideas for years to come Ketogenic Recipes: Plant-Based Plan to Burn Fat, Boost Your Energy, and Calm Inflammation ,2024-05-31 introduction adjective 1 The amalgamation of delicious healthy fats and vegetable meals to optimize your metabolism brain hormones and overall health 2 Switching your metabolism from burning sugar to burning fat that is freedom from food cravings This is the manifesto for a new breed of health seekers and eaters The pages you are reading are for anyone who wants to ditch dieting for good and actually get healthy This book is the new manual to cut through food confusion and find out what to eat and what not to eat to lose weight crush cravings calm inflammation and achieve optimal energy levels We are over trying another unsustainable fad diet only to gain it all back and then some Let s get healthy to lose weight instead of trying to lose weight to get healthy Sustainable weight loss should be a natural by product of regained radiant health These days we have an overwhelming amount of information at our fingertips The double edged sword of Dr Google is that he can both educate us about our health and yet suffocate us with conflicting information on what the heck we should eat an endless vortex of conflicting information Dr Google is one fickle confused guy So what is the best way to your optimal health Should you focus on high meat diets like the paleo or Atkins ways of eating or will they clog your arteries and make you fat Maybe becoming a vegan or vegetarian is the answer consuming only plant food But will that deprive your body of nutrients like B vitamins and iron and don t those diets focus heavily on soy and grains and isn t that unhealthy Ketogenic will show you the clear path of exactly how to use food as medicine and optimize every system in your body Your brain hormones and metabolism will thrive in the Ketogenic state You may be thinking that s a bold statement but as a leading functional medicine practitioner rated as one of the top in the country I have seen thousands of patients from around the world I have seen what works and what doesn t when it comes to the foods we eat And I ve distilled my years of clinical experience using the power of delicious food medicine in the pages of this book You may have heard of the ketogenic diet This low carbohydrate moderate protein high fat way of eating has taken the wellness world by storm The ketogenic diet promises to shift your metabolism into a fat burning powerhouse allowing you to lose stubborn weight that you may have been holding on to for years The ketogenic diet promises not only weight loss but also a way to improve your brain function and decrease chronic inflammation the root factor to just about every chronic health problem we face today Plant-Based Cooking for Absolute Beginners Therese Elgquist,2021-10-26 Delicious and Simple Food for Everyone Plant Based Cooking for the Absolute Beginner is full of fun delicious and gorgeous food made from plants Each dish is comprised of a variety of

colors flavors textures and nutrition The book features easy to read formulas flow charts and smart ideas throughout to really help you understand the foundations of cooking and furthermore how to build up all types of dishes Moreover there are the basic recipes you ll always want such as dressings and sauces dips bread and porridge Read about fourteen ways to serve your favorite plant based protein sources Therese Elguist one of the most well known green cooking personalities in Sweden presents her plant plate showing you how to become more flexible and sustainable in the kitchen The book is also filled with tips on how to build up a basic pantry what kitchen tools you d want to ascertain success in the kitchen and what backwards cooking is all about The perfect gift for herbivores and omnivores alike

Plant-Based India: Nourishing Recipes

Rooted in Tradition Sheil Shukla, 2022-08-02 JAMES BEARD AWARD NOMINEE Physician and Plant Based Artist creator Dr Sheil Shukla celebrates Indian cuisine with 100 stunningly photographed vegan recipes that utilize fresh healthy produce to capture the indelible flavors of India This is wholesome exciting cooking that just so happens to not include animal products You won t miss them The New York Times A Best Cookbook of 2022 Cinematically lit larger than life images will have you eating with your eyes long before the dal hits the pan NPR Books We Love India is home to a vibrant tapestry of culinary traditions and to more vegetarians than anywhere else in the world It s also where Dr Sheil Shukla learned to love traditional Gujarati fare cooking alongside his adored grandmother over summers in Mumbai During his medical training Dr Shukla discovered the power of plant based nutrition to prevent and manage chronic illness and so began his mission to reinvent the classic vegetarian dishes of his heritage Plant Based India presents over 100 completely vegan recipes for shak spiced vegetable dishes dal legume stews rotli flatbreads bhat rice dishes and more From a comforting Palak Tofu that transcends dairy based paneer to vegan Nan festive Navratan Rice hearty Dal Makhani and summery Chocolate Chai Mousse with Berries these are recipes from the heart filled with nourishing ingredients at their seasonal best 1 Bestseller in Indian Cooking and Vegan Cooking

[Healing recipes](#) [Nutritious Plant-Based Recipes to Feel Better](#) , 2024-01-12 Feeling better starts here Now more than ever so many of us are looking for ways to improve our health and boost our immunity and the very best and easiest place to start is in the kitchen Paying attention to what and how we eat is such a simple way we can all take more control over our wellbeing I truly believe that plants have the power to heal and I m so excited to share this new collection of recipes and wellness ideas with you My recipes are inexpensive and low effort but packed with incredible ingredients that will make you feel instantly better These are the recipes I cook and eat at home that keep me and my family feeling happy and healthy and that help us get back on track when illness does inevitably strike My food is always bright and colourful using 100 per cent plant based wholefoods along with some of my favourite magical superfood ingredients to boost your mood and supercharge your immunity I ve studied plant based nutrition extensively and am incredibly passionate about the amazing ways plants can be used as medicine to help heal us from the inside out I know first hand the incredible impact diet can have on how we feel having been on my own journey to wellness when I began eating a plant based diet ten years

ago Ever since making that life changing decision my energy levels have increased my hormones have felt more in balance my mood has lifted and I get ill much less often More recently I've learnt about the powerful effects specialist ingredients like medicinal mushrooms plant powders and seaweed can have and I've seen some really impressive results For me and my family eating plant based wholefoods keeps the focus on unrefined healthy and nutritious meals with small amounts of animal products included I still have eggs and a little dairy from time to time and my kids sometimes eat fish and meat so I don't claim to be vegan That is why my recipes occasionally contain honey or other non vegan ingredients To maximise the nutritional benefits of ingredients it's generally fine to just wash or scrub fruit and veg without peeling them The skin is rich in nutrients so this increases your intake of vitamins minerals antioxidants and fibre Whether you are currently experiencing a period of ill health have specific recurring symptoms or simply want to learn about ways you can support your immune system I've included all my favourite ways to give yourself a head start maximise your wellbeing and take control over your health It can feel like such an enormous and overwhelming topic with a huge amount of information available out there but I hope I've been able to bring together the key ideas to produce a practical guide to keeping well Don't feel you have to suddenly overhaul your life Even eating a few more veg based meals trying a couple of the self care ideas or adding a plant powder or two to your morning smoothie will bring you so many benefits and you can build on it from there

The Healthy Bones Nutrition Plan and Cookbook Laura Kelly, Helen Bryman Kelly, 2016 Calcium helps build strong bones but it's a myth that taking a daily calcium supplement will enable you to avoid potentially debilitating bone loss Building bone requires a full complement of minerals and vitamins that too often are lacking in a woman's or man's diet in the quantity and combination required to prevent and treat osteoporosis In this book Dr Laura Kelly and Helen Bryman Kelly provide scientifically sound guidance on how to monitor your nutrient intake and cook right for bone health to avoid deficiencies of the key players in bone metabolism including calcium magnesium Vitamin D and Vitamin K2 and in many cases to avoid the use of osteoporosis drugs Follow their instructions for creating your own personal nutrition plan and enjoy delicious bone healthy meals from a selection of more than 100 recipes ranging from sauces and small plates to soups salads main dishes and more page 4 of cover

Plant-Based for Tired People Rachel Morris, 2021-01-12 Want more energy Try a plant based diet Doctors have long touted the benefits of eating a plant based diet and people are listening The plant based food industry is booming and more food establishments are catering to the trend as people aim to increase their consumption of vegetables fruits and whole foods Plant Based for Tired People addresses questions and concerns people have in order to ensure they find success from the get go First we explore the evolution of the trend and explain exactly what it means to go plant based We also take a look at how adopting a primarily plant based diet can positively affect one's health weight loss and even the environment Next we give readers the tools they need to get started with a detailed plan for transitioning to the diet and a must have food shopping guide We also inspire and encourage with real people's success stories and expert advice on

everything from cooking for a meat loving family to eating out when following a plant based diet We end on a delicious note with 30 pages of drool worthy recipes that even self proclaimed carnivores will gobble up *Powered by Plants* Ocean Robbins, Nichole Dandrea-Russert, RDN, 2024-10-29 Indulge in scrumptious 30 minute plant based recipes that deliver the essential nutrients you need for optimal health from the founder of Food Revolution Network Are you seeking plant based recipes that are hearty homey delicious and easy to make Do you want simple tips to add plenty of essential nutrients to your meals to improve your energy immune system and overall health Ocean Robbins founder and CEO of Food Revolution Network and Nichole Dandrea Russert MS RDN decode the nutrients we all need not just protein fats and carbs but also fiber omega 3s and essential minerals like selenium calcium and zinc and provide you with the knowledge to make a plant based diet work for you This culinary treasure trove of nutrient dense time efficient recipes offers more than just meals these wholesome solutions are designed to deliver a variety of nutrients in every bite In these pages you will discover Eight essential nutrients and how to obtain them from plant based foods How to avoid common nutritional imbalances Over 60 quick meals that are nutritious yet satisfying Whether you re passionate about a plant based lifestyle plant curious or anywhere in between open your eyes to this satisfying world of flavors and wellness [100 Best Vegan Recipes](#) Robin Robertson, 2016-03-08 The quintessential collection of plant based deliciousness from an acclaimed authority on vegan cooking Publishers Weekly This enticing collection of 100 recipes will inspire any cook vegan or not with recipes such as Asparagus Edamame Bisque Bahn Mi Tostadas Provencal Burgers Country Fried Tofu with Golden Gravy and Crazy for Carrot Cake With complete information on the vegan kitchen and pantry vegan proteins and vegan baking this indispensable kitchen companion makes anyone into a successful cook 100 Best Vegan Recipes has creative meat free dairy free ideas for snacks and appetizers soups and stews lunches and brunches pasta beans and grains sides desserts Includes photos

Plant Based Cooking B.A. Christopher, 2024-10-24 Plant Based Cooking A Collection of Delicious Vegan Recipes That Highlight Seasonal Ingredients Innovative Cooking Techniques Elevate your culinary experience with Plant Based Cooking your ultimate guide to creating mouthwatering vegan dishes using the freshest seasonal ingredients Whether you are a seasoned chef or a curious beginner this collection of innovative recipes will inspire you to embrace the vibrant world of plant based cuisine Vegan Genesis 1 based eating is the way to go since it is the base of eating assigned by top healers who get results Unfortunately many have no idea of how to eat vegan correctly and end up starving themselves while becoming a frenchfryatarian or a cookieatarian etc instead of intaking the broad swath of 90 essential daily nutrients from foods So therefore you want to vegan to eat in a regenerative way while eating in a health optimizing way you need to learn how and what to cook with a plant based lifestyle or vegan Also just because you read this book doesn t mean you need to become vegan or vegetarian You can use it to amplify and optimize to better balance out your meat based diet And you know that s important Author B A Christopher brings you a carefully curated selection of delectable vegan recipes that showcase the

beauty and flavor of seasonal produce With an emphasis on creativity and technique you ll discover how to turn simple ingredients into extraordinary meals that delight the senses and nourish the body What You ll Discover Inside Seasonal Ingredients Explore the bounty of each season with ingredients at their peak ensuring not only freshness but also peak flavor in every dish Innovative Cooking Techniques Learn unique cooking methods and tips that transform ordinary recipes into culinary masterpieces whether it s grilling steaming or roasting to perfection Diverse Recipe Collection Enjoy a wide variety of dishes from hearty appetizers and vibrant salads to satisfying mains and indulgent desserts catering to all taste preferences Nutritional Insights Each recipe is infused with health benefits featuring whole foods that promote wellness and vitality without compromising on taste Step by Step Instructions Each recipe comes with clear detailed instructions that make cooking a joy along with handy tips for meal prepping and cooking in batches Who Should Read This Book Perfect for vegans vegetarians and anyone looking to incorporate more plant based meals into their diet Plant Based Cooking is also ideal for food lovers who enjoy experimenting with fresh vibrant ingredients Why Choose Plant Based Cooking Sustainable Cooking Discover how choosing plant based ingredients not only supports your health but also benefits the planet by promoting sustainable eating practices Menu Ideas Pairings Explore curated menu suggestions that take the guesswork out of meal planning making it easy to impress family and friends with cohesive culinary creations Say goodbye to bland and boring meals Unlock the endless possibilities of plant based cooking and start creating vibrant satisfying dishes that celebrate the flavors of each season Order your copy of Plant Based Cooking today and embark on a delicious journey toward a healthier more sustainable lifestyle

Cooking Fast and Slow Natalia Rudin, 2025-09-30 A collection of over 100 simple satisfying plant packed recipes that are low on effort but big on flavor from Natalia Rudin the viral creator behind Nat s Nourishments Loved for her quick and delicious recipes whipped up after a long day as a personal chef Natalia Rudin has created a show stopping cookbook full of mostly plant based recipes that are guaranteed to comfort nourish and delight With chapters organized by timeframe that take less than 15 minutes 30 minutes or an hour slower recipes to savor at the weekend or with friends meal prep ideas to elevate your packed lunches breakfasts to be enjoyed slow or on the go and treats to satisfy every sweet tooth there is a recipe for every occasion These recipes are short on ingredients but big on flavor and nutrition with plenty of suggestions for additions and substitutions to suit what you eat and what you have available Smashed Miso Butterbeans and Crispy Soy Mushrooms Basil Zucchini and Pistachio Mafaldine Blistered Tomatoes and Chickpeas over Creamy Polenta Romesco Roasted Vegetable Quinoa Bowl Fluffy Buckwheat Pancakes with Date Caramel Chai Spiced Chocolate and Pecan Blondies Filled with silky sauces sweet treats and morning delights Cooking Fast and Slow takes simple ingredients and elevates them so that every meal feels special and tastes incredible

Nutritional Foundations and Clinical Applications - E-Book Michele Grodner, Sylvia Escott-Stump, Suzanne Dorner, 2021-10-02 Selected for Doody s Core Titles 2024 in Nutrition Master the nurse s role in therapeutic nutrition and in teaching dietary health Nutritional

Foundations and Clinical Applications A Nursing Approach 8th Edition describes nutritional healing and wellness from the nurse's perspective. It covers dietary guidelines with a humanistic personal touch using first-hand accounts to show how nutrition principles apply to patients in real-world practice. This edition is updated with the most current guidelines and the latest research on nutrition. Written by noted educators Michele Grodner, Sylvia Escott Stump, and Suzie Dorner, this leading nutrition text promotes healthy diets and shows how nutrition may be used in treating and controlling diseases and disorders.

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NEW Nursing Approach sections include: Next Generation NCLEX terminology as well as single episode cases and questions with answers on the Evolve website.

Plant-Protein Recipes That You'll Love Carina Wolff, 2017-12-05. Discover affordable, all-natural, plant-based protein recipes that taste good and improve your health in this unique and easy cookbook. Plant-based proteins are a healthier, more nutritious, and more environmentally friendly alternative to animal protein. But you don't have to be a vegan or dedicated vegetarian to enjoy the benefits of a plant-based diet. Whether you're going meatless full-time, part-time, or only occasionally, you'll easily find a recipe to power your day. From hearty breakfasts to satisfying dinners, this cookbook features 150 delicious, budget-friendly, and low-key recipes to fill up and fend off the urge to snack. Each recipe includes ingredients that are easy to find in your local grocery store and detailed nutritional information to help you meet your daily dietary needs. You'll even find recipes to make your own plant-based protein powders that are free from additives and preservatives. **Plant Protein Recipes That You'll Love** gives you 150 new ways to make your meatless Monday the healthiest, most filling, and most satisfying day of the week.

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