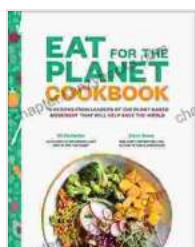


75 Recipes from Leaders of the Plant-Based Movement That Will Help Save the Planet

By [author's name]

Are you looking for delicious, plant-based recipes that are also good for the planet? Look no further! This cookbook features 75 recipes from some of the leading voices in the plant-based movement. These recipes are not only good for you, they're also good for the environment.



Eat for the Planet Cookbook: 75 Recipes from Leaders of the Plant-Based Movement That Will Help Save the World by Nil Zacharias

★★★★☆ 4.3 out of 5

Language : English
File size : 36957 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 313 pages
Lending : Enabled



The plant-based movement is growing rapidly, as more and more people are becoming aware of the benefits of eating a plant-based diet. A plant-based diet has been shown to reduce the risk of heart disease, stroke, type 2 diabetes, and some types of cancer. It can also help you lose weight and improve your overall health.

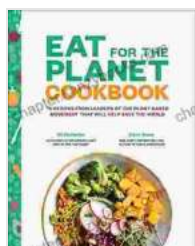
In addition to being healthy, a plant-based diet is also good for the environment. Animal agriculture is a major contributor to climate change, deforestation, and water pollution. By choosing to eat more plant-based foods, you can help reduce your impact on the environment.

This cookbook is a great resource for anyone who is looking to eat more plant-based foods. The recipes are easy to follow and the ingredients are readily available. With this cookbook, you can enjoy delicious, plant-based meals that are good for you and the planet.

Here are just a few of the recipes you'll find in this cookbook:

- Quinoa breakfast bowls with berries and nuts
- Vegan tacos with black beans and corn
- Lentil soup with vegetables
- Chickpea salad with avocado and tomatoes
- Vegetable stir-fry with brown rice
- Vegan pizza with roasted vegetables
- Chocolate avocado pudding

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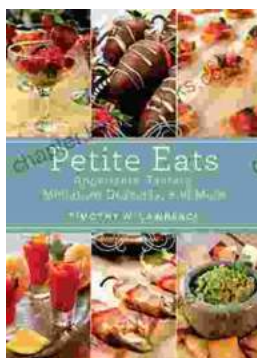
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