



I'm not robot



**I am not robot!**

Forget calorie counting and small portions, when you learn to eat what your body needs. Check out our easy-to-make recipes and start living a healthier lifestyle. Plantifully Lean is not just another diet book; it is a guide for learning how to fuel your body with the healthy foods on which it is designed to run best. Once you understand and implement the simple nutrition concepts explained in Plantifully Lean, you will be on your way to achieving a healthy weight and having a sense of peace and freedom. "Plantifully Simple is nothing short of a breath of fresh air in the world of tired weight loss regimes and diet cults. In this book, Plantiful Kiki shows you the simple secrets to weightloss along with oversimple, easy to follow recipes. Kiki Nelson, Reclaim your health, lose weight, and eat plentifully with more than simple, plant-based, low-fat recipes and a four-week meal plan designed to meet you where you are on your path to wellness. When Kiki Nelson adopted a plant-based, low-fat diet, she lost seventy pounds and reversed her risk for diabetes and heart disease. Reclaim your health, lose weight, and eat plentifully with more than simple, plant-based, low-fat recipes and a four-week meal plan designed to meet you where you are on your path to wellness. You are the reason I do what I do, and your love and support mean the world to me. Forget calorie counting and small portions, when you learn to eat what your body needs. Sharing more than wide-ranging, simple recipes and the four-week meal plan that helped her lose weight and reverse her risk for diabetes and heart disease, the author Plantifully Lean by Kiki Nelson. Reclaim your health, lose weight, and eat plentifully with more than simple, plant-based, low-fat recipes and a four-week meal plan designed to meet you where you are on your path to wellness. You are the reason I do what I do, and your love and support mean the world to me. Forget calorie counting and small portions, when you learn to eat what your body needs. This masterfully crafted book is a treasure of mouth-watering recipes and meticulously designed meal plans, all aimed at helping you achieve your health and weight loss goals without sacrificing the joy of eating real food that you'll love. Kiki's Compress PDF file to get the same PDF quality but less filesize. Plant-based recipes, meals, and lifestyle advice to help people on their weight loss journey and to lead a healthy, happy life. My plant-based sauces and dressings are excellent additions to any meal or snack. Once you understand and implement the simple nutrition concepts explained in Plantifully Lean, you will be on your way to achieving a healthy weight and having a sense of peace and freedom. To make a plant-based diet part of your healthy lifestyle, Plantifully Lean includes the following: Meal prep guidelines and tips-Low-fat, plant-based comfort foods that will cover your cravings-Lists of "high-volume foods," or foods that are both healthy and filling and that are perfect for snacking and swapping into recipes-Charts for Plantifully Lean is a simple, easy to follow whole food plant-based guide and cookbook for maximized weightloss. I created the menu with versatility in mind so you would have go. Welcome to my Plantiful Life!