

Eat Fabulous Food, Get Healthy, and Save the Planet—All in One Day or Less

Are you ready to make a change in your life? A change that will make you healthier, happier, and more sustainable? If so, then this book is for you.



Wildly Affordable Organic: Eat Fabulous Food, Get Healthy, and Save the Planet -- All on \$5 a Day or Less

by Linda Watson

★★★★☆ 4.3 out of 5

Language : English
File size : 3347 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Screen Reader : Supported
Print length : 400 pages



In *Eat Fabulous Food, Get Healthy, and Save the Planet*, you'll learn how to:

- Eat a plant-based diet that's delicious and nutritious
- Reduce your food waste
- Shop for sustainable food
- Cook healthy meals in less than 30 minutes
- And more!

This book is your roadmap to a healthier, happier, and more sustainable life. It's packed with practical tips and advice that you can start using today.

What's inside the book?

Eat Fabulous Food, Get Healthy, and Save the Planet is divided into three parts:

1. **Part 1: The Basics of a Plant-Based Diet**
2. **Part 2: How to Reduce Food Waste**
3. **Part 3: Shopping for Sustainable Food**

In Part 1, you'll learn about the benefits of a plant-based diet and how to make the switch. You'll also find recipes for delicious plant-based meals.

In Part 2, you'll learn how to reduce food waste in your kitchen. You'll find tips on how to store food properly, how to use leftovers, and how to compost food scraps.

In Part 3, you'll learn how to shop for sustainable food. You'll find tips on how to choose organic and local food, and how to support sustainable farmers.

Who is this book for?

Eat Fabulous Food, Get Healthy, and Save the Planet is for anyone who wants to live a healthier, happier, and more sustainable life. It's perfect for:

- People who are new to a plant-based diet
- People who want to reduce their food waste

- People who want to shop for sustainable food
- People who want to cook healthy meals in less than 30 minutes

What people are saying about the book

"Eat Fabulous Food, Get Healthy, and Save the Planet is a must-read for anyone who wants to make a positive change in their life. It's full of practical tips and advice that you can start using today." - Dr. Michael Greger, author of *How Not to Die*

"This book is a game-changer. It's helped me to eat healthier, reduce my food waste, and shop for sustainable food. I highly recommend it." - Jane Goodall, primatologist and UN Messenger of Peace

Free Download your copy today!

Eat Fabulous Food, Get Healthy, and Save the Planet is available now on Our Book Library and Barnes & Noble. Free Download your copy today and start making a difference in your life and the world.



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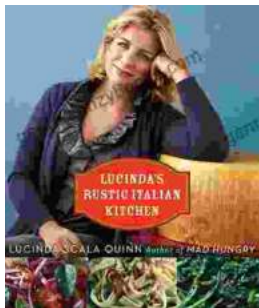
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