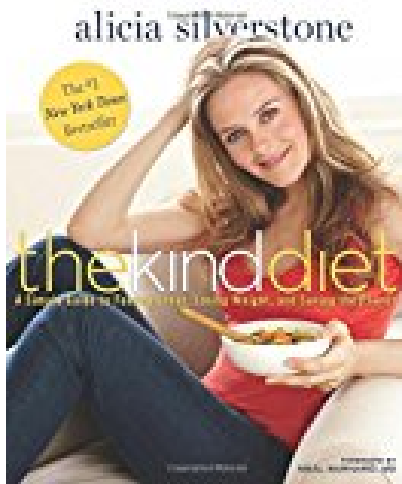


The Kind Diet A Simple Guide to Feeling Great Losing Weight and Saving the Planet



BOOK DETAILS

- Author : Alicia Silverstone
- Pages : 320 Pages
- Publisher : Rodale Books
- Language : English
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BOOK SYNOPSIS

Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

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