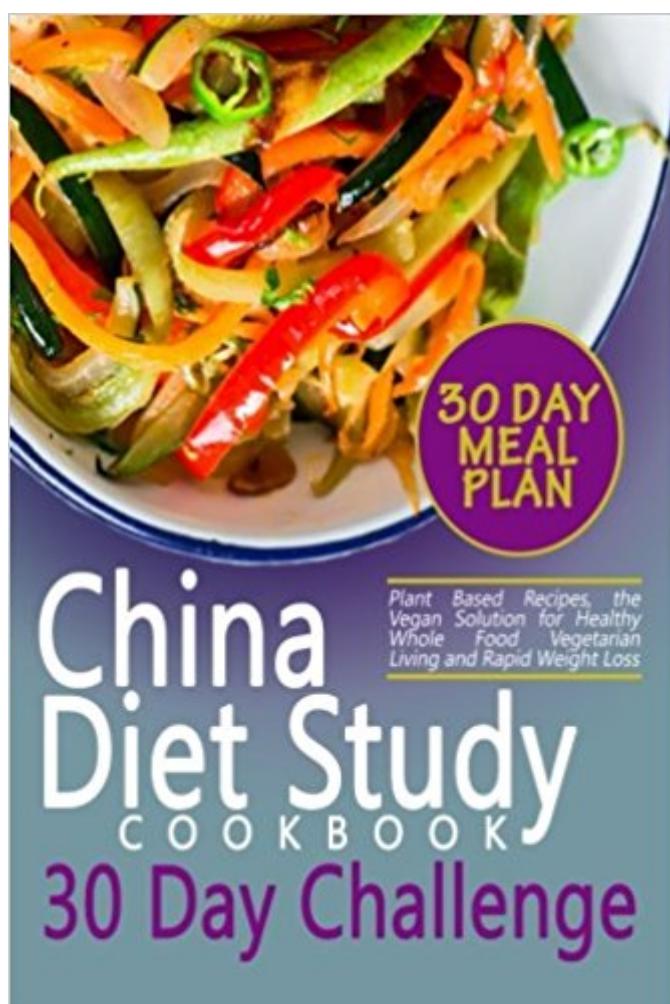


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# The China Diet Study Cookbook 30 Day Challenge: Plant Based Recipes, The Vegan Solution For Healthy Whole Food Vegetarian Living And Rapid Weight Loss





## Synopsis

RECIPES FOR A MONTH OF PLANT-BASED, DISEASE FIGHTING MEALS. COMPLETE WITH PHOTOS, SERVING SIZE INFORMATION AND NUTRITIONAL INFORMATION. REGULAR PRICE: \$14.99 | AVAILABLE WITH A DISCOUNT FOR A LIMITED PERIOD

Research has proven that diet and lifestyle directly impacts health and wellbeing and that Chinese villagers have been doing it right with their whole food, plant based diets. It is time for this information to be shared and for everyone to feel the benefits. Fight disease using food with recipes backed by the China Diet Study research. The secrets to a long and healthy life have been released as a result of the China Diet Study. We know now that eating a plant-based diet is a way that we can regain control over our health and prevent and reverse disease. We can bring energy back into our lives with a simple diet switch, by returning to nature. Food should not be processed or engineered, it should not be full of chemicals or produced in factories. Food should be natural, it should be grown, it should be honest. The recipes we have included within this book are all based around the findings of the Chinese Diet Study. The evidence is clear and the switch is simple. If we have an easy and effective way to promote health, wellbeing, boost energy, increase life expectancy and lose weight, why wouldn't we do it? We would be silly to ignore the facts on this one and a lifestyle change means an immune system boost, increase in your ability to focus and a reduction of hunger pains as well as the risk reduction when it comes to major illnesses and diseases.

Recipes for a whole month

When you read the China Diet Study it can seem obvious that diet changes should be made but where should you start? That is where this book comes in, you can change your diet and your life with no stress or confusion. Start at the beginning and enjoy 30 days of meals. Each day you will have breakfast, lunch and dinner and you will be enjoying a diet that is not only tastes amazing but is also promoting good health. Being healthy has never been so easy! The word diet often screams negative associations such as bland or restricted. Yes, you can have diets that are bland and boring but this is not what this is about. This is all about living a healthy life not doing a fad diet. If you start a diet and it is not enjoyable you will quickly stop that diet. This is a positive and hugely impactful change in your lifestyle that opens your eyes to the delicious possibilities over the horizon rather than restricting you. Every day you will have 3 recipes to try out and enjoy. Eat well, eat clean and eat delicious food. It is easy and fun to follow this diet, especially when you have a whole host of recipes on hand. Each recipe is full of flavour without being difficult to create and will promote health and wellbeing. You will feel proud as you serve up these dishes to your loved one, and you will feel even better knowing the positive impact this has on their health. Get yours now! This books is available at this discounted price for a limited time. Grabbing this book today could truly change

your life for the better.

## Book Information

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## Customer Reviews

This book acknowledges that for adults used to the typical American diet, switching to a plant-based, no-added-fat diet can be challenging. For those who have chosen to make the lifestyle change, however, The China Study Cookbook is an invaluable guide to preparing tasty, nutritious meals that fully meet the requirements of the diet. The recipes include a wide variety of dishes, including breads and muffins, breakfast dishes, appetizers and salads, soups, sandwiches, entrées, side dishes, and desserts. In general, ingredients include whole grain flours, non-dairy milk, no refined sugar, egg replacers, no added fats, unprocessed complex carbohydrates, and plant foods that are as close to their original state as possible. It's an impressive cookbook. The recipes look surprisingly tasty, considering the radical differences from traditional cooking.

I love to do the right thing for my body by eating lots of vegetables but sometimes I just feel like I'm making such a huge sacrifice. This cookbook totally changed my mind. I just didn't know recipes could taste this good. The recipes are all completely vegan and based on the China Study which is about living longer by eating the foods the body needs most. I'm getting a lot of use out of this cookbook and I recommend it to anyone who cares about their health.

This cookbook takes the findings from the China Study and makes them into an easy 30 day meal plan. There are 90 unique recipes, 3 per day, for 30 days. I just started following the meal plan as

soon as I got the book and I'm already noticing an increase in my energy levels throughout the day. You can tell the recipes are healthy, but they also taste good which is really important if you have a family to feed as I do. The kids love the recipes and so do I. I recommend this book whether you want to do the "30 day challenge" meal plan, or you just want to use it as a regular cookbook and make whatever you want out of it on any given day. If you like the China Study, you will love this cookbook.

The meal plan is the best part of the book. It makes it so easy to follow the diet and it changes things up from day to day so you don't feel like you're eating the same ingredients in every recipe. There are no repeated recipes in the meal plan like some other cookbooks I've tried so the book contains 90 unique recipes. It is a good buy and good value for the money.

The China Study is the most important health study that has ever been conducted. If you are about your health then you need to heed its findings. It is unfortunate that there are so many fad diets out there when the real deal is simple and easy to follow when you have the right recipes. This cookbook contains almost 100 unique recipes as well as a meal plan that lasts one month. I have a few China Study cookbooks but this is easily my favorite one that I keep going back to.

China study diet is based on the plant food. A great book for healthier life. Foods made of plants are really good to our body and this book proves it. It really is a superior way to eat compared to most diets, and this book makes it easy to enjoy all the benefits of China Study without feeling like you are restricted in your dietary options.

What I like the most about this book is its huge positive impact that changes our lifestyle that opens our eyes to the delicious possibilities over the horizon rather than restricting ourselves to eat a good food. Every day you will have 3 recipes to try out and enjoy like what we had.

The China Study is an authentic and enjoyable weight loss strategy. There are too many diets out there based on restrictions that just aren't healthy long term. I was convinced by the China Study and the compelling evidence that it yielded. Finding recipes that taste good though can be challenging as the study shows that longevity depends on eliminating a lot of components of the standard American diet. Fortunately, this cookbook provides a viable method to implement the China Study in your own life with a large collection of tasty recipes. If you want to go vegetarian or vegan

than I would recommend this book as well.

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and helps with Weight Loss 3) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Whole: The 30 Day Whole Food Diet CookbookÃ  Â© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss)

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