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Alicia Silverstone

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In The Kind Diet, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant-based diet, from effortless weight loss to clear skin, off-the-chart energy, and smooth digestion. She explains how meat, fish, milk, and cheese—the very

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The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, & Saving the Planet Kindle Edition \$1.99 Posted by Jennifer Carles on Thursday, November 5th, 2020 at 10:30 AM The links in the post below may be affiliate links.

The Kind Diet: A Simple Guide to Feeling Great, Losing ...

Whether you want to lose weight, get healthy, or help save the world, transitioning to a vegan diet is easy with advice, tips, and recipes from actress Alicia Silverstone. In The Kind Diet, actress, activist, and committed conservationist Alicia Silverstone shares the insights that encouraged her to swear off meat and dairy forever, and outlines the spectacular benefits of adopting a plant ...

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Get this from a library! The kind diet : a simple guide to feeling great, losing weight, and saving the planet. [Alicia Silverstone; Victoria Pearson] -- 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

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Actress Alicia Silverstone can teach Mom how to eat clean and get healthy with the help of The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet (\$9). Inside

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The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet Paperback – March 15 2011 by Alicia Silverstone (Author), Neal D. Barnard (Foreword) 4.4 out of 5 stars 834 ratings

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If you're trying to lose weight, the sheer number of available diet plans may make it difficult to get started, as you're unsure which one is most suitable, sustainable, and effective. Here ...

The 8 Best Diet Plans — Sustainability, Weight Loss, and More

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The Kind Diet : A Simple Guide to Feeling Great, Losing ...

If you want to lose weight with a simple diet, eat plenty of lean protein and at least 5 servings of vegetables every day, especially green veggies like broccoli, kale, and spinach. Switch to whole grains rather than refined carbohydrates, and replace your desserts with fresh fruit like bananas or apples.

How to Lose Weight With a Simple Diet: 14 Steps (with ...

The Kind Diet: A Simple Guide to Feeling Great, Losing Weight and Saving the Planet is a vegan cookbook written by actress and animal rights activist Alicia Silverstone.. Silverstone told New York Times interviewer Patrick Healy that for three years she has turned down roles in films and television to have time to work on her book, as well as do plays.

The Kind Diet - Wikipedia

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