

Plant Based Nutrition 2e Idiots Guides

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Amazon.com: Customer reviews: Plant-Based Nutrition, 2E : The Complete Idiot's Guide to Plant Based Nutrition, by Julieanna Hever is a beautifully written work which explains the importance of healthy eating. The book is designed for people who know little about plant based nutrition, and for those who are fully knowledgeable.

The Complete Idiot's Guide to Plant Based Nutrition : This book is hands down the BEST guide to plant-based nutrition! It is extremely lengthy, but well written and incredibly informative. I follow a plant-based lifestyle and am familiar with a lot of the topics that were discussed but it was nice to be able to read about them more in-depth.