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#1 Julie Piatt +
Rich Roll How To
Start A Plant Based
Diet | Dr. Laurie
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Rich Roll:Running
How To Transform
Your Health - The
World's Fittest
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Way Meal + Last
Night in the USA
Rich Roll Julie Piatt
talk with us about
The Plantpower
Way Change Your
Brain:

Neuroscientist Dr.
Andrew Huberman
| Rich Roll Podcast

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~~Way with~~ Rich Roll
and Julie Piatt -

~~PTP369 Rich Roll's
New Book -~~

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of a Standup~~

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David Goggins Will
Change Your Life |

Rich Roll Podcast

Our Favorite Plant-
based Cookbooks

Plantpower Way

The

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“The Plantpower Way inspires us each to be our best selves, and Rich and Julie are artful role models for the rest of us interested in physical, emotional, and spiritual well-being. We are what we eat, and the amazing vegan/plant based/plant

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powered recipes in this book can help us lead amazing lives. ” — Gene Baur, author of Farm Sanctuary

The Plantpower Way: Whole Food Plant-Based Recipes and ...
Peace, plants & performance.

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thorough, teaches
you about the very
essence of the

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Way, This provides a guide to buying those foods, and includes the perfect preparation and the astonishing benefits. There are big lessons and small, such as when to add herbs and spices for maximum return, and also a reminder to take time to smell those

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Way: The
herbs every now
and then.

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Way: Whole Food
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Way is a beautifully
produced cookbook
written by this
beautiful happy
healthy family. The
cookbook contains

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some great recipes,
lots of dubious
health information
and so many
pictures of this
beautiful family that
is hard to
remember
sometimes that this
book is about food.

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renowned vegan
ultra-distance
athlete Rich Roll
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Julie Piatt. Created

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Way The
by renowned vegan
ultra-distance
athlete and high-
profile wellness
advocate Rich Roll
and his chef wife
Julie Piatt, The
Plantpower Way
shares the joy and
vibrant health they
and their whole
family have
experienced living a
plant-based

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COWSPIRACY -
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Way
In The Plantpower
Way: Italia, they
pay homage to
Italy's rich food
history with an
inspiring collection
of 125 entirely
plant-based recipes
for the country's

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most popular and time-honored dishes. Julie is known for her creativity and resourcefulness in the kitchen, and her recipes will show just how rich and luscious Italian cuisine can be, without a drop of dairy in sight!

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Way: Italia:

Delicious Vegan
Recipes from ...

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feature a recipe
from The

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Whole Food Plant-
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Whole Family by
Rich Roll and Julie
Piatt. Rich is an

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Way The ultra athlete and a bestselling author of Finding Ultra & The Plantpower Way. He was named one of the 25 Fittest Men in the World by Men ' s Fitness.

The Plantpower
Way Potato Salad -
Blue Zones
Click on the three

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lines in the upper right-hand corner of the site. Then, click on My Preferences. Next, select ServingSizes to change the number of additional people you ' re cooking for. Do you deliver groceries?

The Plantpower
Meal Planner - Rich

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The Plantpower
Way is better than a
diet: It's a
celebration of a
delicious, simple,
and sustainable
lifestyle that will
give families across
the country a new
perspective and
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Whole Family: A
Cookbook
Illustrated by Roll,
Rich, Piatt, Julie

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The Plantpower
Way: Italia | Rich
Roll

7:30 PM - Dinner:
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Way Italia Food
designed by Julie
9:00 PM - Music Pe
rformance/Bedtime
Meditation with
SriMati/Julie.

Wednesday - On
Site Program, Food
As Medicine
7:00-8:00 AM -
Tea + Light
breakfast 8:15-9:45
AM - Yoga with
Leia 10:00 AM -

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Morning Blends

10:30-12:30 PM -

Cooking Demo:

Plantpower Italia

with Julie

Italy — OurPlantPowerWorld

Created by

renowned vegan

ultra-distance

athlete and high-

profile wellness

advocate Rich Roll

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and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle.

The Plantpower Way by Rich Roll, Julie Piatt ...

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Delicious Vegan
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best life.

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Last year, OurPlant
PowerWorld Italia
brought together a
tribe of sixty-three
individuals of all
ages from around
the world with one
mission in mind: to
achieve sustainable
wholeness. What

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Way: The unified us was our
commitment to
better the world,
our passion for
health and wellness,
and a yearning to
fulfill our individual
mission and life
purpose.

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The Plantpower
Way: Italia by Julie

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Plant and Rich Roll is loaded with healthy, vegan versions of everyone ' s Italian food favorites, from Cheesy Pesto and Creamy Garlic Gorgonzola to Classic Eggplant Parmesan and Pizza Margherita. Of course, there are many pasta recipes

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as well, including
Ravioli and Truffle
Cashew Fettuccini
Alfredo.

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