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Lifestyle: How to easily improve your health, performance, and longevity. Works for non-athletes, too!" (available on Amazon.com) Like it says, it is very simply written so anybody, even without any prior knowledge about nutrition, can understand. The Athlete's Simple Guide to a Plant-Based Lifestyle ... simple is the secret 11 what eating style is best? 13 plant-based vs. vegan 17 motivation to become plant-based 19 transition 21 change is uncomfortable 21 transition 22 processed vegan food 23 cost of becoming vegan 25 2,500-calorie cost example 29 how to keep the cost low 31 real life cost example 32 importance of food for health and ... Table of Contents: The Athlete's Simple Guide to a Plant ... Plant Based

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