



28 Day Plant-Powered Health Reboot: Lose Weight, Reset Your Body, Gain Energy & Feel Great

Jessica Jones, Wendy Lopez

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Discover the power of plant-based eating to reset your body's internal systems. You'll feel better and reap the health benefits of this cleansing diet while learning which nutrients are best, how to meal plan and how to get healthy. The recipes featured in this book have a great ethnic flair to them, due to the authors having a large black and Latino following.

You can reset your health at any time, but after the holidays, when diets tend to take a turn for the worse, is the best time for a plant-based health retreat. Written by two registered dietitians, within 30 days, you can feel healthier and glowing by enjoying Blueberry Chia Muffins for breakfast and Baked Black Bean Avocado Taquitos for lunch. Delicious dinners include Roasted Sweet Potato Quesadillas, and Pistachio Yogurt Bark shines as a snack. The sample meal plans are among the takeaways to create healthy habits that last beyond the 30 day cleanse.

This book will have 80 recipes.

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