

China Study Cookbook

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✓ Verified Book of China Study Cookbook

Summary:

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The Campbell Plan - From the co-author of The China Study The Simple Way to Lose Weight and Reverse Illness, Using The China Study's Whole-Food, Plant-Based Diet. The China Study by T. Colin Campbell: What to eat and ... The China Study argues that a plant-based/vegan diet is ideal for health. Eat whole plant foods; limit refined carbs; avoid meat, poultry, dairy, eggs. T. Colin Campbell Center for Nutrition Studies When you need some energy during the day, here is a great nutritious snack to pick you up quickly. Great for both adults and children. Tofu is not scary.

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