



# Plant Based Diet For Beginners: The Ultimate Weight Loss, Healthy Eating and Optimal Health Guide

*Brittany Samons*

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Often, the idea of losing weight is associated with "frustration", despite, losing weight is not eating less, sometimes you just have to eat better, that means healthier meals. So now, with the plant based diet, you will have a real pleasure in cooking your meal and losing weight will never be so easy.

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