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# Introduction

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**Y**ou're intrigued about plant-based eating. You've been hearing about it, and you may be wondering, "How is this different from vegetarianism or veganism? Is this something I can do? How do I do it?" Maybe you've been thinking about how it can benefit your health. This book gives you the road map for a plant-based way of living.

Don't fret and think you have to immediately give up everything you're eating. This book uses a step-by-step approach to transitioning to a plant-based diet by gradually adding more veggies into your diet — not suddenly taking away everything you eat now. That doesn't sound all that bad, does it?

Maybe you're already mostly plant-based, but you're running out of ideas or you don't have the resources, tools, and concepts you need to keep going. Maybe you're feeling undernourished. Whatever your reason for reading this book, we promise that you'll get countless ideas on how to get to know your fruits, veggies, whole grains, beans, nuts, and seeds a whole lot better. These foods will become your friends, not your enemies.

These foods help you succeed at any stage or age in life. Whether you're looking to stay healthy and prevent disease, raising plant-based children, or wondering how to stay plant-based in your golden years, this book gives you a comprehensive look at these phases and provides guidance on how to master them by adopting the most nutritious way of eating.

One of the biggest challenges that people face when deciding to take up a plant-based diet is mental resistance. In fact, maybe you're thinking that it's too difficult or that it's just another diet that won't last or yield the results you're looking for. Eating a plant-based diet isn't a fad or something you do just to lose weight or gain short-term results. This book is about leading a more healthful lifestyle with plants as your fuel. At the end of the day, you need to eat, so let those meals and snacks work for you by providing you with the nutrition, health, and energy you need to live your best life.

We truly believe that with the knowledge found in this book, along with a keen interest in living healthfully, you can discover that eating a plant-based diet isn't difficult and that anyone at any stage can implement a plant-based diet — even you!