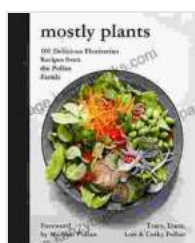


101 Delicious Flexitarian Recipes From The Pollan Family: Take Charge of Your Health and the Planet

In today's world, it's more important than ever to make healthy choices for ourselves and the planet. That's why we're excited to share our new cookbook, 101 Delicious Flexitarian Recipes From the Pollan Family. This book is packed with delicious, plant-based recipes that are good for you and the environment.

The Pollan family has been practicing flexitarianism for years. We've found that it's a great way to eat healthier, reduce our carbon footprint, and save money. Flexitarianism is a flexible approach to eating that emphasizes plant-based foods while allowing for occasional meat and dairy consumption. It's a great way to transition to a more plant-based diet without feeling deprived.



Mostly Plants: 101 Delicious Flexitarian Recipes from the Pollan Family by Tracy Pollan

★★★★☆ 4.6 out of 5

Language : English
File size : 91238 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 287 pages

FREE

DOWNLOAD E-BOOK



Our new cookbook is filled with recipes that are perfect for flexitarian diets. Whether you're looking for a quick and easy weeknight meal or a special occasion dish, we've got you covered. With 101 recipes to choose from, you're sure to find something you'll love.

Benefits of Flexitarianism

There are many benefits to adopting a flexitarian diet. Some of the benefits include:

- **Improved health:** Plant-based diets have been linked with a reduced risk of chronic diseases such as heart disease, stroke, type 2 diabetes, and some types of cancer.
- **Reduced environmental impact:** Animal agriculture is a major contributor to greenhouse gas emissions, water pollution, and deforestation. By reducing our meat consumption, we can help reduce our environmental footprint.
- **Reduced food costs:** Plant-based foods are generally less expensive than meat and dairy products. This can save you money on your grocery bill.

What's Inside the Cookbook?

Our new cookbook includes 101 delicious flexitarian recipes, each with a beautiful photo. The recipes are divided into chapters, including:

- **Breakfast**
- **Lunch**
- **Dinner**

- **Snacks and sides**
- **Desserts**

The recipes are all easy to follow and use simple, everyday ingredients. We've also included nutritional information for each recipe, so you can make informed choices about what you eat.

Free Download Your Copy Today

101 Delicious Flexitarian Recipes From the Pollan Family is the perfect cookbook for anyone who wants to eat healthier, reduce their environmental impact, and save money. Free Download your copy today and start cooking delicious, plant-based meals that the whole family will love.

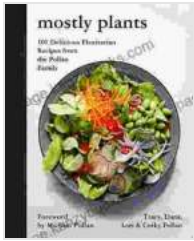
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Reviews

"This cookbook is a must-have for anyone who wants to eat healthier and reduce their environmental impact. The recipes are delicious, easy to follow, and use simple, everyday ingredients." - Mark Bittman, author of How to Cook Everything

"The Pollan family has done it again! This cookbook is filled with delicious, plant-based recipes that are good for you and the planet." - Michael Pollan, author of The Omnivore's Dilemma

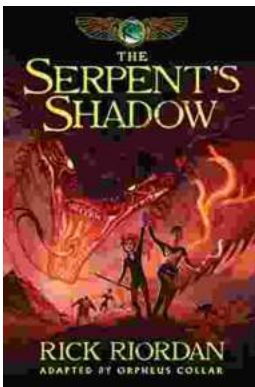
"I love this cookbook! The recipes are creative, flavorful, and easy to make. I've already made several dishes, and my family loves them." - Alice Waters, author of The Art of Simple Food



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