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Forks Over Knives Flavor Darshana Thacker Hardcover

The first four-color Forks Over Knives cookbook: head chef Darshana Thacker offers 150 delicious, all-new, easy-to-prepare whole-food, plant-based recipes for internationally inspired meals.

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Forks Over Knives Wikipedia

Forks Over Knives is a 2011 American advocacy film and documentary that advocates a low-fat, whole-food,

plant-based diet as a way to avoid or reverse several chronic diseases.

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Synopsis The first four-color Forks Over Knives cookbook: head chef Darshana Thacker offers 150 delicious, all-new, easy-to-prepare whole-food, plant-based recipes for internationally inspired meals. The 2011 documentary Forks Over Knives ignited a revolution, empowering people to live healthier and happier lives.

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Forks Over Knives ebook by Stone Gene 9781615191468

The #1 New York Times bestseller answers: What if one simple change could save you from heart disease, diabetes, and cancer? For decades, that question has fascinated a small circle of impassioned doctors and researchers and now, their life-changing research is making headlines in the hit documentary Forks Over Knives.

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With weekly meal plans, Forks Meal Planner (from Forks Over Knives) takes the hard work out of making delicious whole-food, plant-based meals the whole family will enjoy. Try a free week of healthy meals, on us.

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