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MeatLess: Transform the Way You Eat and Live--One Meal at a Time PDF



by Kristie Middleton : **MeatLess: Transform the Way You Eat and Live--One Meal at a Time**

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Description :

PDF-e135a | Countless people are now cutting back on meat by enjoying more plant-based meals-to look and feel better, have a lighter eco-footprint, or to help animals. If you want to eat less meat and dairy without giving them up entirely, MeatLess offers concrete rationale and easy steps for reducing animal products. Kristie Middleton, senior food policy director for The Humane Society of the United States, ... *MeatLess: Transform the Way You Eat and Live--One Meal at a Time*

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