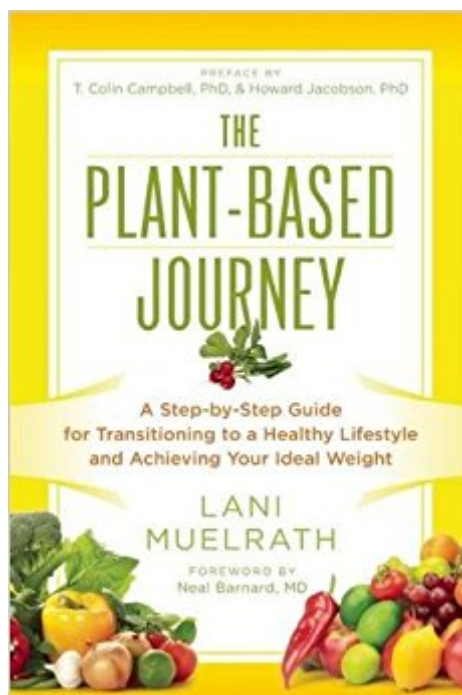




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# The Plant-Based Journey: A Step-by-Step Guide For Transitioning To A Healthy Lifestyle And Achieving Your Ideal Weight



## Synopsis

It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan until now. If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. The Plant-Based Journey provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience! Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition:

Step 1: Awakening: Discover your 'why' for eating plant-based  
Step 2: Scout: Assemble what you need for plant-based eating basics  
Step 3: Rookie: Increase the presence of plant foods on your plate with specific strategies and systems  
Step 4: Rockstar: Take your newfound plant-based eating success on the road and to social and family situations  
Step 5: Champion: Sharpen your skills for long-term plant-based living success

In addition, in The Plant-Based Journey, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease. Whether you're a plant-based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills, The Plant-Based Journey is your essential, definitive guide for a healthier, trimmer you.

## Book Information

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## Customer Reviews

"Lani has created a great 'HOW TO' book for every stage of your plant-based journey.

We're also thrilled to see her emphasize how our food choices affect not just our own health but the health of our living planet as well." #151;Suzy Amis Cameron and James Cameron

"Lani covers the plant based journey thoroughly, creatively, and with the exceptional knowledge gained from her years of teaching. When you finish The Plant-Based Journey not only will you be inspired to eat plant-based, but you will have the wisdom how to cook the food you enjoy."

#151;Caldwell B. Esselstyn, Jr., MD, author of Prevent and Reverse Heart Disease "This easy-to-follow guide will have everyone enjoying the health benefits from following a

whole-foods/plant-based diet. #151;Rip Esselstyn, author of The Engine 2 Diet "You now have in your hands a trustworthy guide for how to take the journey, step to step, to a more fabulous you. You'll feel better, you'll look better, and you'll enjoy life more. If you

accept Lani Muelrath's invitation, your body will thank you for the rest of your life. Highly recommended." #151;John Robbins, cofounder and president of The Food Revolution Network and author of Diet For A New America "Let Lani open your eyes with The Plant-Based Journey.

She deserves your attention." #151;John and Mary McDougall, founders of the McDougall Program and authors of The Starch Solution "The journey to evolution and compassion starts with what we eat every day. Read this book and step through the gateway to a new dimension, a whole new world of guilt-free eating and joyous living." #151;Jane Velez-Mitchell, editor of

JaneUnChained.com and bestselling author "Micro changes, restaurant tips, plantify your pantry....and so much more. We want the vitality, weight control, and energy that plant based nutrition offers but don't always know how to implement the plan. Lani scores a bullseye in The Plant-Based Journey by making the process so clear cut and reachable. This is a must read manual

for life. #151;Joel Kahn, MD, Professor of Medicine at Wayne State University School of Medicine and author of The Whole Heart Solution "A fresh, clear, and imminently doable approach to a food-choice upgrade that you can start right now and be in love with by tomorrow. If you're even a bit curious about life on the veg side, Lani Muelrath is the perfect guide for your plant-based

journey." #151;Victoria Moran, director of Main Street Vegan Academy and author of The Good Karma Diet #147;Lani makes leaning into your healthy transformation so doable. She takes you

by the hand, and guides you every step of the (wonderful) way with her clear-headed and science-based rationale! Take this journey with her. You will be profoundly changed for the better.~•~Kathy Freston, New York Times bestselling author of *Veganist* and *The Lean ~•~*;The Plant-Based Journey is a flawless, comprehensive, easy-to-follow template for implementation and maintenance of the plant-based lifestyle....Lani provides the perfect balance of information, validation, and motivational gems.~•~Richard Oppenlander, director of Inspire Awareness Now and author of *Food Choice and Sustainability* and *Comfortably Unaware ~•~*;The Plant-Based Journey is the most productive trip you can ever make.~•~Howard F. Lyman, author of *Mad Cowboy* "A fantastically thorough, thoughtful, and inspiring guide for creating the healthy and compassionate life you desire." ~•~Colleen Patrick-Goudreau, author of *The 30-Day Vegan Challenge ~•~*;Lani makes research-based information about plant-based living inspiring~•~not boring! She is a walking testament to health, and I am grateful to have access to her wisdom!~•~Susan Levin, MS, RD, CSSD, Director of Nutrition Education for the Physicians Committee for Responsible Medicine and Board Certified Sports Dietitian ~•~;Lani Muelrath~•~s manifesto on healthy living should be a must-read for anyone wanting to get healthy, reach their ideal weight, and stop dieting forever....I frequently meet people who want to ditch the meat and take charge of their health, and *The Plant-Based Journey* is the book I will tell them to read.~•~Colleen Holland, cofounder of *VegNews ~•~*;In *The Plant-Based Journey*, Lani Muelrath delivers sound, practical, and essential advice for improving our lives~•~and the lives of everyone around us. Please get this book and enjoy the adventure of enlivening and awakening your best self.~•~Gene Baur, cofounder and president of Farm Sanctuary and bestselling author

Award-winning Lani Muelrath, MA,~•~ is an award-winning teacher, author, speaker, and TV host well known for her expertise in plant-based, active, mindful living. She has been featured on ABC-TV and CBS-TV; in *Prevention* magazine, *USA Today*, and *The Saturday Evening Post*.~•~ She is published in prominent magazines, blogs, and newsletters, and has been featured on ABC-TV, *Prevention Magazine*, *USA Today*, and *The Saturday Evening Post*. Lani starred in CBS TV's fitness show, *Lani's All-Heart Aerobics*.Lani serves as presenter and celebrity coach for the Physician's Committee and the Complete Health Improvement Project. She is certified in Plant-Based Nutrition from Cornell University and maintains multiple teaching credentials in the State of California,as well as an Advanced Fitness Nutrition Specialist credential with the National Academy of Sport Medicine, along with multiple other certifications. Author of *The Plant-Based*

Journey: A Step-by-Step Guide to Transition to a Healthy Lifestyle and Achieving Your Ideal Weight and Fit Quickies: 5 Minute Targeted Body-Shaping Workouts, Lani counsels a variety of clients throughout the world from her northern California-based private practice emphasizing successful transition strategies to healthy plant-based living.

The Plant Based Journey book is everything its title claims it is. It's a book for those who want to lose weight by only eating plant foods. This is not a book that explores why a vegan lifestyle is best for our planet. This is not a book that details the nutritional content of natural foods. This is not a book that promotes exercise along with diet modifications to achieve optimal health. This is not a book chock full of recipes for those who love to cook and already enjoy a diverse diet. You need to go elsewhere for any of that. What this is, is a great starter book for people who are currently eating crummy foods because they are either fearful or not motivated enough to be creative in the kitchen and they wish to improve their diet--and by extension their health--by eating plant foods alone. This book offers loads of encouragement, some meal planning, shopping lists, and some recipes along with some scientific explanations about the benefits of a plant-only diet. This book was a great gift for my husband.

I've been a whole food, plant-based vegan for 4+ years and have read every book by Campbell, Esselstyn, McDougall, and Fuhrman, yet still didn't understand why I ate too much and wasn't losing weight. Lani brings it all together in this book - the science of a plant-based diet, the joy of eating, AND the psychology of why I'm overeating (see Chapter 13). She gets to the core of my issues like no one else. I feel like she's written this book just for me (but of course she didn't, which has helped me realize I'm not alone in my long struggle). Her message is joy, not shame, and that speaks to my heart, yet there's no escaping the truth. Hers is the gentlest way of cutting through the bologna to the heart of the issues, calling them for what they are without making one feel like a failure. Life changing. She's walked these steps herself, done the hard work to find her own "why's", and been successful in achieving health and joy. This book is helping me do the same.

Whether you're veg-curious and interested in going plantbased or a veteran vegan just wanting to take healthy eating and compassionate living to a new level The Plant-Based Journey is just the ticket. It's a fun-to-read, accessible guide that takes all the guesswork out of making the shift to a plantbased lifestyle, addressing everything from stocking your pantry and preparing simple, go-to meals; to overcoming common pitfalls and making it work outside the home; to the importance of

implementing behavioral changes and physical activity to ensure long-term success. There's even a section on transitioning families, which is a subject near and dear to my heart these days! I just wish this guidebook had been around when I transitioned to a whole-food plantbased diet 4 years ago. Today, though, as more and more people are waking up to the fact that a diet centered around unprocessed veggies and fruit, whole grains and legumes, and nuts and seed is optimal, not only for our own health, but for that of our planet and ALL its inhabitants, The Plantbased Journey's time has truly come. So go out and grab yourself a copy, and get a few extras for friends and family. You'll be uplifted and inspired to make positive changes in your life, and in the lives of others.

September 19 - I'm back to give an update to my review! I've had a chance to test out some of the recipes in the back of the book, and I must say, I'm impressed with how easy, delicious, and family-friendly they are! While I'm fully on the plantbased wagon, so to speak, my family still needs a bit of coaxing to hop on, and stay on, which is where these yummy recipes come in handy! The Pumpkin Muffins are a delight, the Pancakes Pronto have become a favorite Saturday morning staple, and the Speedy Burritos have even achieved my "plant-picky" husband's seal of approval. Oh, and Lani, your Sweet Bean Cream is nothing short of genius! Getting my family to eat beans -- such an important part of a WFPB diet -- has been somewhat of a challenge, so I try to add them "on the sly" wherever I can. But I never would have dreamed of turning them into a sweet, luscious, frosting-like cream! I'm also loving the various dressings and sauces to add a new twist to my staple salads and grain/bean dishes. I also love the helpful plant-based replacement list and metric conversion chart in the appendix. So, although this book is so much more than a cookbook, it's worth the purchase for the recipes and recipe templates alone!

I am a registered dietitian, Certified Diabetes Educator(CDE) working in a primary care setting. Our goal is to prevent or reduce progression of cardiovascular disease, diabetes and some other chronic diseases. I cannot think of a more effective way for health promotion than learning to eat more whole foods, and a plant based diet. I did not believe I could make the changes necessary to improve my diet. So I tried Lani's Journey. My fast paced life seemed to include "food in the fast lane" at least 3 days a week. That is where I started, eliminating so called "fast food". I carried a salad to work on those days--saved money, didn't hurt a bit. Then I dove in to the templates for burgers and other foods and modified them with things I enjoy eating. I realized I had enough time on Sunday's to shop and chop to prepare many things ahead of time. I do not have all the "devices/machines" recommended, just a tiny one serving food processor. When I need it, it works for me. Lani's book gave me the encouragement to focus my patients on increased vegetable intake

and , if not vegan, small amounts of animal protein. I find most Americans use 5-7 times the amount of protein needed daily. All of the protein a person needs can be derived from plants. It is hard to convince my clients to make such significant change in eating patterns, but with Lani's book there is a "map" to follow through the journey, Everyone should read it. Good changes in diet will occur, I believe that. It has happened to me. In case you did not know, some dietitians over the years used to believe that a completely plant based diet was unhealthy. No so. Great read, wonderful advice, step by step.

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