



## Plant based diet: Explore the Healthy Benefits of Ketogenics With these two Quick and Easy Plant based Recipe Books

By Francesca Bonheur

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 128 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Why Consider a Ketogenic Plant Based Diet The short answer: eating a diet loaded with plant-powerful foods is by biological design. For some, this diet includes some animal products, and if so, you gotta do your food police around here. One of the main reasons to start following a plant-based diet is for the health benefits. Now, more so than ever, research is showing how dietary modifications can positively affect health. A plant-based lifestyle can help to promote weight loss and help to maintain your goal weight. Weight loss commonly occurs because the diet consists of foods that are full of fiber and have a high water content, which promotes the feeling of fullness. Another major reason to jump on the plant-based eating train is for the external benefits. Plant-based foods are loaded with healthy fats, vitamins, minerals, and phytochemicals, which improve skin clarity and help you get that glow. One of the plant-based vitamin all-stars is vitamin C, which is a powerful antioxidant. A large number of fruits and vegetables contain vitamin C, such as broccoli, papaya, apricot, and...



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