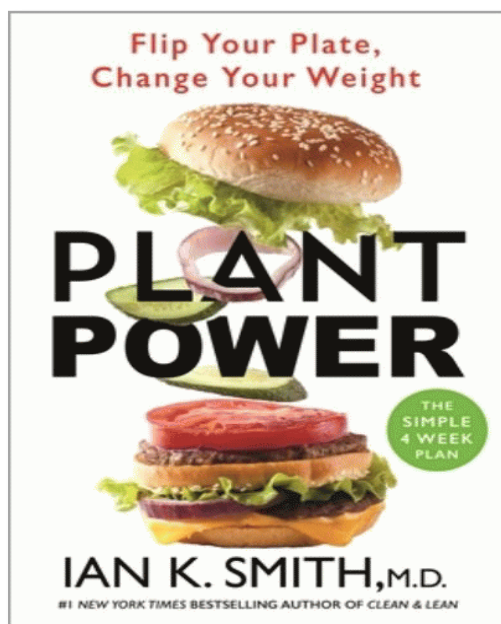


## Advance Information

### Plant Power

Flip Your Plate, Change Your Weight



<b>Author:</b>	Ian K. Smith, M.D.
<b>ISBN:</b>	9781250278029
<b>Imprint:</b>	St. Martin's Press
<b>BIC Category:</b>	Fitness & diet
<b>Dimensions:</b>	236 x 155 x 16
<b>Binding/PP:</b>	Hardback (BB), 256 pp
<b>Rights Countries:</b>	Ireland & United Kingdom
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<b>Price:</b>	GBP22.99

#### Selling Points:

A guide to harnessing the power of plants and enjoying the benefits of a plant-forward diet, by the #1 New York Times bestselling author of Clean & Lean.

#### Description:

For dieters who want to utilise the benefits of fruits, vegetables, and complex carbs - without eliminating the meat, dairy, fish, and fats they love - Dr. Ian K. Smith's new book Plant Power delivers the most flavourful and favourable plant-based foods to their plates. In a detailed but easy-to-implement four-week program, readers will, day-by-day, flip their diet from 70% meat/30% plants to 30% meat/70% plants, leading to natural and pain-free weight loss, keeping them feeling full and satisfied. In Plant Power, readers will learn: - The unique power of plant protein vs. animal protein - How to use food as medicine and to their full advantage - How to buy fruits, vegetables, fish, and meat: Does organic matter? Is frozen OK? What about farm-raised? Or grass-finished? - If plant-based burgers and beyond are all they promise to be: the good, the bad, and the to-be-avoided - 25 key recipes to use as daily basics: they'll effortlessly move dieters from grab-and-go junk to first-quality fill-ups Plant Power makes moving to a plant-based diet painless, while benefiting the planet, saving readers money, and maximising their performance without sacrificing taste and the foods they love.

#### Author's Previous Books:

The Clean 20 9781250309785, Shred 9781250038272, Super Shred 9781250061201, Shred Diet Cookbook 9781250061218, Shred Power Cleanse 9781250061225, Blast The Sugar Out 9781250130136, Clean & Lean 9781250114945, 9781250229526, Mind over Weight 9781250244802, 9781250756664, Fast Burn 9781250271587, 9781250858610