

# THE PLANT PARADOX COOKBOOK PDF

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### **Plant milk - Wikipedia -**

Mon, 01 Aug 2016 11:44:00 GMT - Terminology. Historically, examples can be found of the phrase "plant-based diet" being used to refer to diets with varying amounts of animal-based foods, from none at all to small amounts of any kind of meat, so long as the primary focus is on plant-based foods (semi-vegetarian).

### **Plant-based diet - Wikipedia -**

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