

Someone that is new to a plant-based diet and doesn't know how to start a person who wants to preserve or reclaim their health.

Dr Gemma Newman's expertise, practical tips, and delicious, easy-to-follow recipes, one of Britain's most trusted doctors.

A beautifully put together roadmap that walks you through not only the plentiful ways that a whole foods plant based diet can upgrade your health, but also how to get you started. Reading it fills me with hope and happiness... which is precisely the prescription I've been looking for!" for people starting their plant-based eating journey.

never ever judgemental
struggled with the density and dryness of other plant based nutrition books, this is the complete opposite.
Beautiful knock-out
with little time and simplicity they can create true masterpieces in the kitchen

RESEARCH:

avatar: Alex, 35, from the UK, married, 1 kid. He works a tiring 9-5 job and feels exhausted after work. He eats trashy snacks all the time and doesn't exercise.

current state:

Always ate trashy snacks all the time, he wants to switch to eating healthier.

Compares himself to his friends who are energetic all the time and they eat meat and any food.

Has belly fat and wants to get rid of it. (but has no time)

My body is exhausted after work, I'm skinny fat and I feel tired 90 percent of the time.

He wants to adopt the plant-based eating diet/lifestyle but feels confused and doesn't know what to do and what information to trust.

This stresses him out.

dream state:

Wants to lose weight, get rid of his belly fat gain energy, and overall improve his health

He wants a nice fit body so that he can flex on his friends.

Wants to be energetic, even after work.

Wants to have access to easy and convenient plant-based meal options

To find a sustainable and satisfying way of eating that fits with a busy lifestyle.

He wants to be able to look in the mirror and be able to smile

roadblock:

He doesn't know anything about the plant-based diet.

He has a busy lifestyle

Fear of not getting results despite putting in all the effort of maintaining the diet.

solution:

He needs a TRUSTED book with a clear explanation about everything about the plant-based diet.

He needs easy-to-make recipes, that are satisfying, healthy, and fit with his busy lifestyle.

FASCINATIONS: [\(formulas\)](#) [21-bullet-secrets.pdf](#)

1. How to get started with a plant-based diet
2. Four tips for plant-based beginners
3. Discover why you're tired 90% of the time
4. How to eat plant-based the right way
5. Why the plant-based diet will rub away your belly fat like the eraser you always were chewing on in middle school
6. Little-known secrets to getting rid of your belly fat
7. Little-known "Green" trick to lose weight... Even if you're exhausted after work!
8. How to eat plant-based without getting bored
9. What NEVER to do when starting with a plant-based diet
10. What NEVER to do as a "plant-based starter" — avoid these mistakes
11. Are you making these common mistakes as a "plant-eater"? — One of the most trusted doctors in the UK reveals six health-ruining mistakes plant-based diet lovers MUST avoid!
12. Seven common mistakes that can ruin your life — as a plant-based diet lover
13. Did you know you can achieve "athlete-like" health, even if you're busy?
14. How to lose weight with a plant-based diet
15. Why you should AVOID these "Red-legged" foods on a plant-based diet
16. Three common mistakes when starting with a plant-based diet
17. Four secret tricks to avoid the "Bored of greens" state
18. What NOT to do on a plant-based diet if you're BUSY 24/7
19. Busy lifestyle? Find out the six tips on how you can maintain a plant-based diet while BUSY
20. Avoid these 3 common mistakes if you're on a plant-based diet.
21. Discover the real reason why you can't lose weight on a plant-based diet
22. BOOST YOUR HEALTH without exercise! Ten new tips to boost your health up to 50% by using this secret "Banana heat" method
23. Six tips to stop eating trashy snacks... Without getting rid of them!
24. Five tips to get rid of your belly fat — without removing unhealthy snacks.
25. The truth about losing belly fat.
26. Do you want to get rid of your belly fat?... FAST?
27. Three easy food tricks to increase weight loss by 36%... Using a belt
28. The SINGLE mistake that can ruin your health easily — How to avoid this mistake so you can stay healthy at all times.
29. How to maintain a plant-based diet if you're busy by using our 2-step "Tick-tock" method.
30. What NEVER to eat on a plant-based diet.
31. Five crazy tricks to maintain a plant-based diet when you're busy — Doesn't matter if you're a beginner!
32. Four beginner mistakes that can RUIN your health from the get-go. 78% of doctors in the UK missed these mistakes...

DIC ads

It's not meat... — The REAL reason why you have no energy 90% of the time, on a “plant-based” diet.

Ever wondered how your “meat-eating” friends are always energetic...

While “plant-eating” YOU — struggle to keep your eyes open 90% of the time?

You’ve been fooled into thinking that the reason is... MEAT.

Or even “not enough sleep”.

If want to find out how to get fueled up with endless energy, while on a plant-based diet.

[Then click here to discover the REAL reason why you feel exhausted 90% of the time.](#)

How to get rid of belly fat with the “Power of Plants”

Do you stress out choosing a diet to get rid of your belly fat?

You aren’t alone.

Choosing a sustainable diet can feel like navigating a crowded market, — weaving through the hustle and bustle of endless options and conflicting advice...

Especially if you're caught up in the whirlwind of a busy lifestyle.

However, there is a science-backed diet that can easily burn the fat off your belly with the “Power of Plants”...

And you don’t need to worry about sustainability,

Or being scared that you will not see results.

So if you’re a busy person that struggles to choose a diet to get rid of belly fat,

[Then click here to discover the “Power of Plants”.](#)

Busy lifestyle? — Six tips on how you can maintain a plant-based diet while BUSY

If you're struggling to maintain a plant-based diet and are caught up in the whirlwind of a busy lifestyle...

If you think it might be **impossible**,

You're wrong.

There are six useful tips that helped a lot of busy people like you maintain a plant-based diet,

Which helped them acquire "athlete-like" health and defined bodies...

If you're ready to join in and find out the six tips on how you can EASILY maintain a plant-based diet,

[Then click here to discover the six tips on how you can maintain a plant-based diet while BUSY.](#)

PAS email -> get them over the edge

SL: Get rid of belly fat as a busy person.

You want to get rid of your belly fat and get a healthy, fit body.

But being someone that works almost ALL the time and gets home absolutely exhausted,

It can seem **impossible**...

However, what do you think will happen if you NEVER solve this problem?

Just imagine looking at yourself in the mirror, 10 years later...

And seeing regret and sadness radiating from your own strained eyes.

Sickening... But don't worry.

There's a way to prevent this and start improving your health and physique,

Even if you're busy.

So if you're a busy person and want to get rid of belly fat...

And "wow" all of your friends,

[Then click here and discover how you can get rid of belly fat and "wow" your friends — even if you're busy.](#)

PAS product description/squeeze page (from website to amazon)

Interested in a plant-based diet but don't know how to get started?

Transitioning into a whole new diet can be tough...

You see people all over social media talking about how a plant-based diet changed their lives completely,

Giving you a *burst* of motivation to finally switch diets.

But as soon as you start reading some plant-based nutrition books,

The *overwhelming* density and dryness of the book just fogs your brain...

And a couple of hours later...

You end up sitting there...on the sofa, confused, lost, and don't know what to do next.

And that's why I created this book, for you.

But it's not like any other book you've seen or read...

It's a beautifully put together roadmap that walks you through EVERYTHING you need to know to succeed on a plant-based diet.

Including 60 easy-to-make mouth-watering meal ideas.

Discover what plant-powered eating can do for you.