

# MeatLess Transform the Way You Eat and Live--One Meal at a Time

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## BOOK DETAILS

- Author : Kristie Middleton
- Pages : 256 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
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## BOOK SYNOPSIS

Countless people are now cutting back on meat by enjoying more plant-based meals to look and feel better, have a lighter eco-footprint, or to help animals. If you want to eat less meat and dairy without giving them up entirely, MeatLess offers concrete rationale and easy steps for reducing animal products. Kristie Middleton, senior food policy director for The Humane Society of the United States, shares inspirational stories from people who've lost weight, reached their health goals, helped animals, and improved their environmental footprint through plant-based eating. Along with its delicious, satisfying recipes that anyone can make, MeatLess offers tips and tricks for overcoming common barriers to diet change and how to make a better lifestyle stick—such as easy food swaps, where to dine out, and how to set and meet your goals. Whether you're a passionate meat lover or vegan-curious, MeatLess is the roadmap for a healthier life and a better you.

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