



Plant Strong:

Discover the World's Healthiest Diet

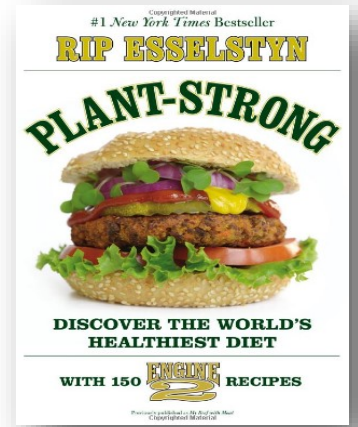
- Plants can heal. Plants can nourish. Plants can nurture.
- Plants give you everything you need to be the healthiest person you can be and live the life you deserve to live.
- Are you ready to be full equipped to outwit, outsmart, and outmaneuver all those meat-loving and plant-fearing souls you come across every day?

Let's begin with the facts—thirty six of them:

- Animal protein is dead wrong
- Plants are plentiful in protein
- Plant-based proteins are completely complete
- Vitamin B-12: Not a problem!
- Plants are iron-strong
- Plants are bone-strong
- Humans are herbivores
- The many myths of meat
- The bugs in your gut dig plants
- Craving meat isn't natural
- The problem with paleo
- Eating plants is easy
- Eating plants is thrifty
- The world is a plant-based cornucopia
- The Mediterranean myth
- Real men and real women eat plants
- Plant strong: The athlete's X factor
- Lose the moderation mentality
- Plants are eco-friendly
- Avoid contamination. Eat plants.
- Chocolate! You bet!
- Plants light up your love life: men
- Plants light up your love life: women
- It's never too late to start a plant-based diet
- It's never too early to start a plant based diet
- Take plants, not supplements
- Barbecue + meat = danger
- Oil is the new snake oil
- There's something fishy about fish oil
- Poops from heaven
- Carbs are king!
- Don't believe everything you read about soy
- Eating animals isn't nice
- Eat Plants. Lose weight. Feel great.

Bring on the plants: What will you do to strengthen your health and become plant strong?

- 1) _____
- 2) _____
- 3) _____



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.