



# The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight

By Lani Muelrath

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## The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight By Lani Muelrath

It's been proven that a plant-based diet is good for your weight, health, budget, and the environment, but the proof hasn't come with a game plan—until now.

If you've ever wanted to make the plant-based switch but felt overwhelmed about where to start, we have good news: you don't have to do it alone. *The Plant-Based Journey* provides the support you need every step of the way to make your transition into eating plant-based a fun and (ful)filling experience!

Award-winning teacher, transition strategist, fitness expert and dietary coach Lani Muelrath has been on her own plant-based journey for more than 40 years and has helped thousands of clients lose weight and live more healthy and plant-filled lives. Here, she brings that experience to you, backed by scientific evidence. In this comprehensive, foolproof, and accessible five-step guide, Muelrath will empower you as you make your own dietary transition:

**Step 1: Awakening:** Discover your “why” for eating plant-based

**Step 2: Scout:** Assemble what you need for plant-based eating basics

**Step 3: Rookie:** Increase the presence of plant foods on your plate with specific strategies and systems

**Step 4: Rockstar:** Take your newfound plant-based eating success on the road and to social and family situations

**Step 5: Champion:** Sharpen your skills for long-term plant-based living success

In addition, in *The Plant-Based Journey*, Muelrath explains how exercise and your mindset support dietary change, and she also shares more than 20 recipes along with meal plan templates and ready-in-minutes meals that will have you pulling together delicious and satisfying meals with ease.

Whether you're a plant-based newbie looking to shed pounds or a seasoned vegan in search of fresh inspiration and navigational skills, *The Plant-Based Journey* is your essential, definitive guide—for a healthier, trimmer you.

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## The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight By Lani Muelrath Bibliography

- Sales Rank: #61836 in Books
- Brand: Perseus Books Group
- Published on: 2015-09-15
- Original language: English
- Number of items: 1

- Dimensions: 8.90" h x .80" w x 5.80" l, .0 pounds
- Binding: Paperback
- 304 pages

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### Editorial Review

#### Review

"Lani has created a great 'HOW TO' book for every stage of your plant-based journey. We're also thrilled to see her emphasize how our food choices affect not just our own health but the health of our living planet as well."

—**Suzy Amis Cameron and James Cameron**

"Lani covers the plant based journey thoroughly, creatively, and with the exceptional knowledge gained from her years of teaching. When you finish *The Plant-Based Journey* not only will you be inspired to eat plant-based, but you will have the wisdom how to cook the food you enjoy."

—**Caldwell B. Esselstyn, Jr., MD, author of *Prevent and Reverse Heart Disease***

"This easy-to-follow guide will have everyone enjoying the health benefits from following a whole-foods/plant-based diet."

—**Rip Esselstyn, author of *The Engine 2 Diet***

"You now have in your hands a trustworthy guide for how to take the journey, step to step, to a more fabulous you. You'll feel better, you'll look better, and you'll enjoy life more. If you accept Lani Muelrath's invitation, your body will thank you for the rest of your life. Highly recommended."

—**John Robbins, cofounder and president of The Food Revolution Network and author of *Diet For A New America***

"Let Lani open your eyes with *The Plant-Based Journey*. She deserves your attention."

—**John and Mary McDougall, founders of the McDougall Program and authors of *The Starch Solution***

"The journey to evolution and compassion starts with what we eat every day. Read this book and step through the gateway to a new dimension, a whole new world of guilt-free eating and joyous living."

—**Jane Velez-Mitchell, editor of *JaneUnChained.com* and bestselling author**

"Micro changes, restaurant tips, plantify your pantry....and so much more. We want the vitality, weight control, and energy that plant based nutrition offers but don't always know how to implement the plan. Lani scores a bullseye in *The Plant-Based Journey* by making the process so clear cut and reachable. This is a must read manual for life.

—**Joel Kahn, MD, Professor of Medicine at Wayne State University School of Medicine and author of *The Whole Heart Solution***

"A fresh, clear, and imminently doable approach to a food-choice upgrade that you can start right now and be in love with by tomorrow. If you're even a bit curious about life on the veg side, Lani Muelrath is the perfect guide for your plant-based journey."

—**Victoria Moran, director of Main Street Vegan Academy and author of *The Good Karma Diet***

"Lani makes leaning into your healthy transformation so doable. She takes you by the hand, and guides you every step of the (wonderful) way with her clear-headed and science-based rationale! Take this journey with her. You will be profoundly changed for the better."

—**Kathy Freston**, *New York Times* bestselling author of *Veganist* and *The Lean*

“*The Plant-Based Journey* is a flawless, comprehensive, easy-to-follow template for implementation and maintenance of the plant-based lifestyle....Lani provides the perfect balance of information, validation, and motivational gems.”

—**Richard Oppenlander**, director of *Inspire Awareness Now* and author of *Food Choice and Sustainability and Comfortably Unaware*

“*The Plant-Based Journey* is the most productive trip you can ever make.”

—**Howard F. Lyman**, author of *Mad Cowboy*

"A fantastically thorough, thoughtful, and inspiring guide for creating the healthy and compassionate life you desire."

—**Colleen Patrick-Goudreau**, author of *The 30-Day Vegan Challenge*

“Lani makes research-based information about plant-based living inspiring—not boring! She is a walking testament to health, and I am grateful to have access to her wisdom!”

—**Susan Levin, MS, RD, CSSD**, Director of Nutrition Education for the Physicians Committee for Responsible Medicine and Board Certified Sports Dietitian

“Lani Muelrath’s manifesto on healthy living should be a must-read for anyone wanting to get healthy, reach their ideal weight, and stop dieting forever...I frequently meet people who want to ditch the meat and take charge of their health, and *The Plant-Based Journey* is the book I will tell them to read.”

—**Colleen Holland**, cofounder of *VegNews*

“In *The Plant-Based Journey*, Lani Muelrath delivers sound, practical, and essential advice for improving our lives—and the lives of everyone around us. Please get this book and enjoy the adventure of enlivening and awakening your best self.”

—**Gene Baur**, cofounder and president of *Farm Sanctuary* and bestselling author

#### About the Author

Award-winning **Lani Muelrath**, MA, is an award-winning teacher, author, speaker, and TV host well known for her expertise in plant-based, active, mindful living. She has been featured on ABC-TV and CBS-TV; in *Prevention* magazine, *USA Today*, and *The Saturday Evening Post*. She is published in prominent magazines, blogs, and newsletters, and has been featured on ABC-TV, *Prevention Magazine*, *USA Today*, and *The Saturday Evening Post*. Lani starred in CBS TV's fitness show, *Lani's All-Heart Aerobics*.

Lani serves as presenter and celebrity coach for the Physician's Committee and the Complete Health Improvement Project. She is certified in Plant-Based Nutrition from Cornell University and maintains multiple teaching credentials in the State of California, as well as an Advanced Fitness Nutrition Specialist credential with the National Academy of Sport Medicine, along with multiple other certifications. Author of *The Plant-Based Journey: A Step-by-Step Guide to Transition to a Healthy Lifestyle and Achieving Your Ideal Weight* and *Fit Quickies: 5 Minute Targeted Body-Shaping Workouts*, Lani counsels a variety of clients throughout the world from her northern California-based private practice emphasizing successful transition strategies to healthy plant-based living.

#### Users Review

#### From reader reviews:

**Louise Richards:**

Nowadays reading books be than want or need but also become a life style. This reading addiction give you lot of advantages. Associate programs you got of course the knowledge the particular information inside the book that will improve your knowledge and information. The knowledge you get based on what kind of guide you read, if you want have more knowledge just go with training books but if you want sense happy read one along with theme for entertaining including comic or novel. Often the *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight* is kind of reserve which is giving the reader capricious experience.

**Shawn Francis:**

Spent a free a chance to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the book untitled *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight* can be great book to read. May be it could be best activity to you.

**James Sanford:**

You could spend your free time to learn this book this reserve. This *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight* is simple bringing you can read it in the playground, in the beach, train and soon. If you did not get much space to bring the printed book, you can buy the actual e-book. It is make you better to read it. You can save the book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

**Arlene Farrar:**

This *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight* is completely new way for you who has curiosity to look for some information since it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or you who still having tiny amount of digest in reading this *The Plant-Based Journey: A Step-by-Step Guide for Transitioning to a Healthy Lifestyle and Achieving Your Ideal Weight* can be the light food for you personally because the information inside this particular book is easy to get simply by anyone. These books acquire itself in the form and that is reachable by anyone, yep I mean in the e-book contact form. People who think that in reserve form make them feel tired even dizzy this guide is the answer. So there is no in reading a publication especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss that! Just read this e-book type for your better life in addition to knowledge.

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