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# 28-Day Plant-Powered Health Reboot: Reset Your Body, Lose Weight, Gain Energy & Feel Great



## Synopsis

Reset Your Body with Plant-Powered Eating With this one-of-a-kind guide to plant-based eating, it only takes 28 days to gain a healthier you. Written by Jessica Jones and Wendy Lopez, both registered dietitians/ nutritionists, each and every recipe in this cookbook is both delicious and nutritious. All of the 100 recipes have a healthy balance of carbohydrates, fat and protein and are typically between 300 and 500 calories per meal. This book is perfect for those who want to become more comfortable with preparing vegetarian meals that are not only good for you but taste great too. The beauty of this book is that you can decide how you want to plan your meals for the week, using the recipes and meal plan templates provided. These incredible recipes will leave you feeling nourished and energized, with minimal stress. You won't need an endless amount of ingredients that will break the bank: the motto here is simple, delicious, nutritious and fun! With this cookbook, you will feel healthier while enjoying satisfying plant-powered recipes like Southwest Scramble with Baked Sweet Potato Fries for breakfast and Mushroom Black Bean Enchiladas for lunch. End your day with Butternut Squash Black Bean Burgers for dinner and if you like to munch between meals, there are tasty snacks like Garlic-Roasted Chickpeas, Spicy Dark Chocolate Covered Almonds or Zucchini Pizza Bites. Let's make this your healthiest year yet!

## Book Information

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## Customer Reviews

"With their mouthwatering and easy-to-follow recipes, nutritionist power-duo Jessica Jones and Wendy Lopez provide practical ways for all of us--not just the 1 percent--to embrace a healthy,

nutritious and planet-friendly diet of real food. For everyone who fears it's too hard and time-consuming to eat well on a budget, this is your book!" --Anna Lappé, national bestselling author *Diet for a Hot Planet: The Climate Crisis at the End of Your Fork and What You Can Do About It* and founder of Real Food Media "Jessica and Wendy's 28-Day Vegetarian Reset is one of the most realistic, well rounded and fresh looks at plant-based eating in years. With a highly flexible meal plan that's easy to personalize and completely original recipes like roasted sweet potato breakfast bowl and vegan clam chowder from two expert eaters, this book deserves a place on your shelf!" --Carlene Thomas, RDN, LD, Registered Dietitian Nutritionist and founder of Healthfully Ever After LLC "The 28-Day Vegetarian Reset is the most relatable and upbeat approach to plant-based eating I've seen. Wendy and Jess deliver sound nutrition information and the kitchen essentials to create delicious vegan and vegetarian meals that are creative yet easy to make. I'm excited to share this resource with my clients!" --Marisa Moore, MBA, RDN, LD, Registered Dietitian Nutritionist and Contributing Editor, *Food & Nutrition Magazine* "A delicious mouthwatering dance of flavor and health! The cookbook has simple yet wholesome ingredients that are paired smartly. It offers you comfort foods that are delicious and tasteful. The healthy part comes as a bonus!" --Lorena Drago, MS, RD, CDN, CDE, Registered Dietitian and Founder, Hispanic Foodways, LLC

Jessica Jones and Wendy Lopez are Registered Dietitians/Nutritionists who specialize in plant-based nutrition. As co-creators of the website *Food Heaven Made Easy*, their content has been featured in *Refinery29*, *Self*, *The Huffington Post*, *Men's Health*, *Essence* and many others. Jessica lives in Oakland, California, and Wendy lives in New York, New York.

I am in love with this cookbook. So many great recipes and simple too. The reboot is worth the price and also inspires you to try a few different ingredients. They have hit the nail on the head. I have no idea why they are not more popular.

I love this book because its so easy to follow ! I was tired of feeling blah so I told myself in order for me to see change I have to change. These women really took the time to write this book and I am thoroughly enjoying it. I am not a vegetarian but after using this book, I am strongly considering it. I am proud of myself for challenging myself to do this because it has changed my outlook on being/becoming a vegetarian. Thanks ladies. I definitely would recommend this book for people who are trying to crossover into this lifestyle :) and anyone who is willing to try it

Great Book to kick start your health food journey!! I have watched(YouTube) and listened(podcast) to these knowledgeable women for a little over a year now and they are a great source of all things healthy. The book is easy to follow with the most colorful and delectable food photos I have ever seen! Do yourself a favor and buy this book to jump start your journey to a healthier you. You won't be disappointed!

I've been following these young ladies for quite some time. They have a wonderful podcast and a YouTube Channel entitled the Food Heaven Show where they give great tips and advice about healthy eating. I'm so glad they have created a cook book and look forward to incorporating some of these recipes into practice. Most of them look easy to create and I am especially looking forward to creating some of these awesome snacks to help with my sweet tooth.

Where to begin - I've been following Jess and Wendy for a while and one thing I know is that they take the name Food Heaven Made Easy seriously! This is a gorgeous book with delicious, unique, easy to make recipes. There's absolutely nothing complicated, gross or boring here. What comes across in everything Jess and Wendy do is that this isn't about fads, food trends or just having a cute book for your bookshelf - this is a generous offering of solid info to help you live a healthier, better life. I recently switched to a plant-based diet after having many food-related skin and digestive issues and this book has already become my food bible (the one-pot curry risotto & green smoothie recipes are already favorites!). What I love most is that you don't have to compromise anything - you can have it all (lol): food that's actually super enjoyable to eat AND good for you, confidence that you're getting the right nutrients (because these ladies are for real and they know their stuff), time and money saved. I feed my two-year old son everything I make from this book and don't have to worry that he's missing anything. This book is for anyone who wants an accessible way to eat well and feel better without all the stress. I can't recommend it enough.

Loved the variety. So some reason I thought it was going to be vegan but it's not. It's okay though. I can always sub out what I don't want. I haven't tried anything yet but the photos and description seems delicious. Can't wait

I've followed these ladies since they were in school and on Youtube. I can't wait to try the recipes and I am so happy for their success.

I wish I could chose an unlimited amount of stars! What a great book by a dynamic pair that has found a way to make healthy eating fun, hip and easy. I can't wait to dig in and implement these recipes into my eating routine. If you want a word of advice: Go get this this book!

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