



THE DIET ALTERNATIVE

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www.a-dietitians-exchange.com

RESOURCES PLANT BASED DIET

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>

<https://www.webmd.com/diet/ss/slideshow-soy-health-benefits>

<http://www.eatingwell.com/article/7775696/plant-based-diet-for-beginners-your-guide-to-getting-started/>

<https://foodrevolution.org/blog/category/blog/plant-based-recipes/>

https://inourishgently.com/fat-burning-hormones/?mcp_token=eyJwaWQiOiE1NzU5NTQyNjkyOTE5MTYsInNpZCI6MTkzMTM3NjI4Njk4MjUyMiwiYXgiOiI0MGE4NmFmMWI5MzY3OWIzMzU1OGE3OTkwOTBhZDE2OCIsInRzljoxNTg5MTI0NTQ0LCJleHAiOiE1OTE1NDM3NDR9.QtAMWEVhZsKz8hj65QOCQqwrXnXXIU69cjdAcoo-MHQ