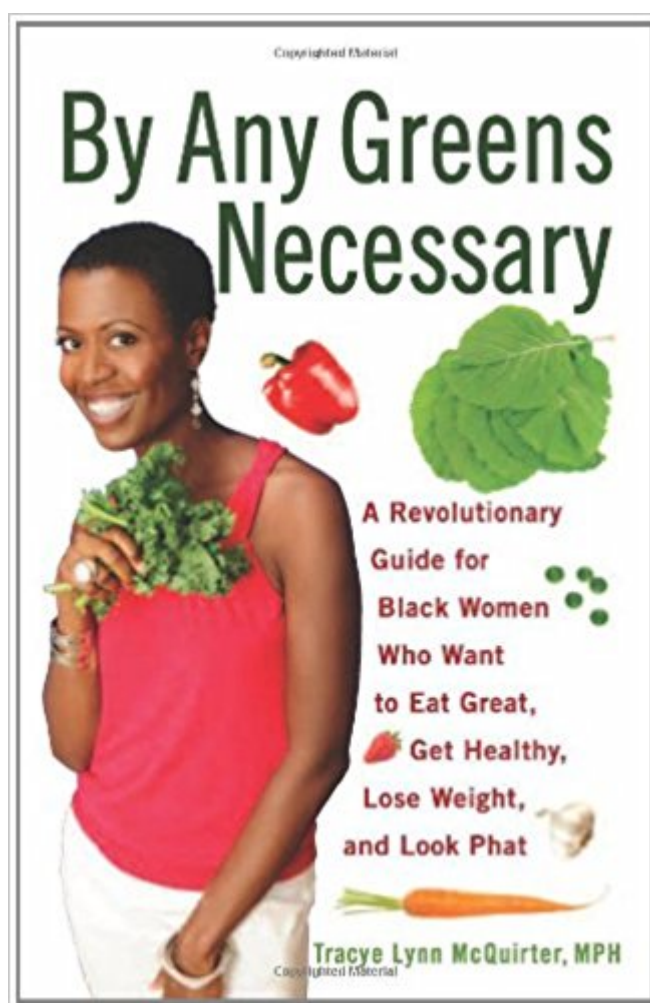


The book was found

By Any Greens Necessary: A Revolutionary Guide For Black Women Who Want To Eat Great, Get Healthy, Lose Weight, And Look Phat



Synopsis

*Â The first vegan guide geared to African American women*Â More than forty delicious and nutritious recipes highlighted with color photographs*Â Menus and advice on transitioning from omnivore to vegan*Â Resource information and a comprehensive shopping list for restocking the fridge and pantryÂ African American women are facing a health crisis: Heart disease, stroke, and diabetes occur more frequently among them than among women of other races. Black women comprise the heftiest group in the nation—80 percent are overweight, and 50 percent obese. Decades of studies show that these chronic diseases can be prevented and even reversed with a plant-based diet. But how can you control your weight and health without sacrificing great food and gorgeous curves?Just ask Tracye Lynn McQuirter. With attitude, inspiration, and expertise, in *By Any Greens Necessary* McQuirterÂ shows women how to stay healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle.Â The book is a call to action that all women should heed.

Book Information

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Customer Reviews

"Finally, a down-to-earth look at plant-based diets for the black community. [This book] will empower even the most staunch omnivore to re-evaluate their food choices and move towards a healthier outlook, not just for themselves, but for the planet."Â —Melissa Danielle, coordinator, Black Vegetarian Society of New York (BVSNY.org) and Wellness Communicator (VegetarianHealthCoach.net)"Even in the Obama era, Black women often believe that we lack

choices, and control over our lives. By Any Greens Necessary reminds us that we have the power to make choices, and become heroes in our own lives through the choices we can make with regard to our food."Â #151;Majora, MacArthur "genius" Fellow, host of The Sundance Channel's Eco-Heroes and public radio's The Promised Land, and urban revitalization strategist"If there's one health book black women should read this year, this is it."Â #151;By Any Greens Necessary shows us the real deal about how to eat well and get healthy for life"Â #151;Tonya Lewis Lee, writer, producer, activist, and author, Gotham Diaries"By Any Greens Necessary will change your life."Â #151;Michael Greger, MD, author, Carbophobia: The Scary Truth About America's Low-Carb Craze"A fascinating read."Â #151;The Root"A necessary read."Â #151;Curve

Tracye Lynn McQuirter, a nutritionist who leads worldwide seminars on vegan nutrition, has been featured in dozens of media, including Essence, the Washington Post, and Black Press USA. A 20-year vegan and a former contributing writer for Heart and Soul, the largest health-and-fitness magazine for African American women, McQuirter founded the Black Vegetarian Society of New York, directed the nation's first federally funded vegan nutrition program, and worked on legislation to improve federal nutrition guidelines. She currently promotes school-based initiatives to reverse childhood obesity and has served as a nutrition consultant for the Black Women's Health Imperative, the largest health advocacy organization for black women and girls. A graduate of Amherst College and New York University, where she received her master's of public health nutrition, McQuirter lives in Washington, D.C.

There is so much truth in this book! This is a great book for someone who believes or just senses they need to make the transition. It has been a pleasant life changing experience for me! 15 pounds lighter so far and I feel amazing!

Thank you Ms McQuirter for sharing your expertise, gifts, and time. You have reinvigorated my energy. I appreciate your style of delivering life-changing information! #elevateBest, Stanford Smith [...]

Short, brief and to the point. Good information to help with my conversion decision.

... or anyone curious about the vegan lifestyle and why it's a great idea for your health and the planet to eliminate consumption of animals. Loved her transition story.

Well written and informative book for the beginner vegan.

Really good read, with great studies

I received my copy yesterday and couldn't put it down! I finished reading at about 10 o'clock last night and handed it over to my sister. We've been making a conscious effort to eat healthier since February and the information offered by Ms. McQuirter in this book is making me consider taking it up a notch. An excellent and informative read. If you're questioning where your food comes from, how it impacts your health or contributes to larger global issues, this is the book for you because Tracie McQuirter offers facts to make you think, then act, and then adds many intriguing alternative vegan recipes to get you started.

Very insightful read on the transition to veganism. Talks about the pros and cons of dealing with others who don't quite understand. Recipes and other resourceful info provided.

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The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie (2013) Paperback
Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)
Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat))
Leafy Greens: An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes
Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1)
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