



Undiet: The Shiny, Happy, Vibrant, Gluten-Free, Plant-Based Way to Look Better, Feel Better, and Live Better Each and Every Day

By Meghan Telpner

Globe Pequot Press. Paperback. Condition: New. 264 pages. Dimensions: 8.9in. x 7.4in. x 0.9in. A fabulous, practical, and modern guide to true health from a fresh and engaging certified nutritionist with an inspiring and transformational message. Without ever using the word diet, Meghan Telpner encourages readers to make major life changes small step by small step with help from the latest nutritional science, a fun and encouraging voice, and an abundance mindset. Ideal for those seeking a gluten-free, plant-based meal plan and an accessible path to health. UnDiet answers the question many people have when they realize its time for a change in their diets, a change in their health, and a change in their lives: Where do I start Without being too far off the mainstream, this book offers a simple, attainable, and most importantly, maintainable approach to living life well. With her strong, appealing personality, Telpner guides readers toward optimal gluten-free health by incorporating simple lifestyle modifications. Information is explained with refreshing clarity and vibrant passion, making it easy to follow ideas right off the books brightly designed pages and into everyday life. When Meghan was diagnosed with Crohns disease at age 26, and told her incurable condition could...



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