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The Complete Idiot's Guide to Plant Based
Nutrition, by Julieanna Hever is a
beautifully written work which explains the
importance of healthy eating. The book is
designed for people who know little about
plant based nutrition, and for those who are
fully knowledgeable.

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This book is hands down the BEST guide to
plant-based nutrition! It is extremely
lengthy, but well written and incredibly
informative. I follow a plant-based lifestyle
and am familiar with a lot of the topics that
were discussed but it was nice to be able to
read about them more in-depth.

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