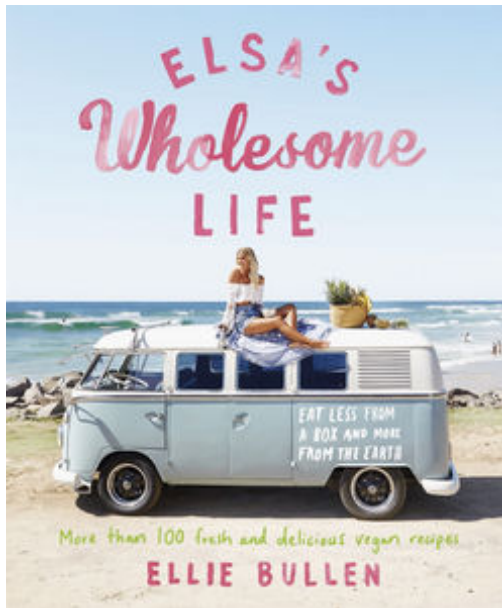


Download Elsa's Wholesome Life Free eBook PDF/ePub/Mobi - Ellie Bullen



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A qualified dietitian and nutritionist, Ellie explains everything you need to know about adopting a plant-based diet, including how to:

- get enough iron, vitamin B12 and calcium
 - achieve the right balance of carbs, proteins and good fats
 - shop smarter and get more organised in the kitchen
- enjoy a lifestyle that is better for you and the environment

Ellie's food is fresh, flavoursome, nutrient-dense and - above all - fun. If you ever needed a reason to eat less from a box and more from the earth, this is it!

This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

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