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# Plant Paradox Quick and Easy

By Steven R. Gundry, MD

## Plant Paradox Quick and Easy



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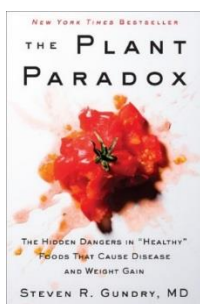
Based on the nutrition protocol of *The Plant Paradox*, this is a streamlined, simplified quick-start program that includes a 30 day meal plan, time-saving tips, and at least 30 recipes.

*Plant Paradox: Quick and Easy* will publish as a paperback original on January 8<sup>th</sup> for New Year, New You promotion.

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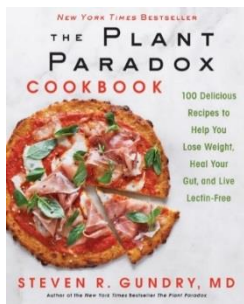
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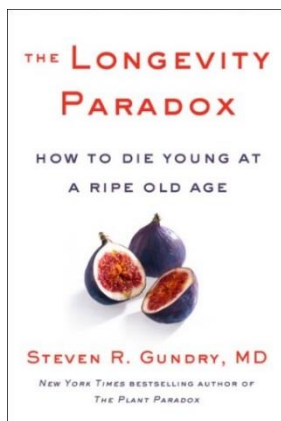


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