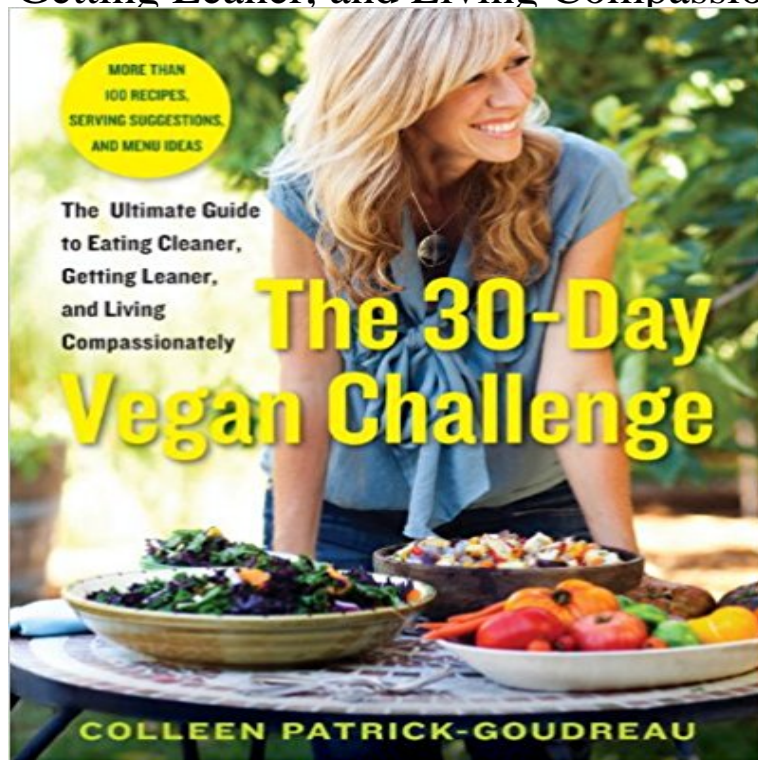


# The 30-Day Vegan Challenge: The Ultimate Guide to Eating Cleaner, Getting Leaner, and Living Compassionately



Take the 30-Day Vegan Challenge and see the difference a plant-based diet can make in your life! Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, Colleen Patrick-Goudreau holds your hand every step of the way, giving you the tools you need to make the vegan transition healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids helps you become a savvy shopper, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events empowers you to experience the tangible and intangible benefits of living a healthful, compassionate life

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