

# Diet For A Small Planet 20th Anniversary Edition Lappe

Frances Moore

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## How To Get Enough Protein In Your Vegetarian or Vegan Diet

March 19th, 2019 - It s easy for vegetarians amp vegans to get complete protein from plants Just like everybody else vegetarians and vegans need complete protein to get all the essential amino acids so their bodies don t fall into a negative protein balance otherwise known as starvation Fortunately it s easy to get more than enough protein in a vegetarian or vegan diet

## Commonwealth Club of California Podcast

March 18th, 2019 - The Commonwealth Club of California is the nation s oldest and largest public affairs forum As a non partisan forum The Club brings to the public airwaves diverse viewpoints on important topics

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