

OMD Swap One Meal A Day To Save The Planet And Your Health

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Summary:

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OMD: Swap One Meal a Day to Save the Planet and Your ... Environmental advocate, mom of five, and former actor, Suzy Amis Cameron presents a clear-eyed and accessible guide for you to improve your health and shrink your personal carbon footprint simply by swapping one meat- and dairy- based meal for a plant-based one every day. OMD: Swap One Meal a Day to Save the Planet and Your ... You can download OMD: Swap One Meal a Day to Save the Planet and Your Health in pdf format. Download OMD: Swap One Meal a Day to Save the Planet and ... OMD: Swap One Meal A Day To Save The Planet And Your Health - Environmental Advocate, Mom Of Five, And Former Actor, Suzy Amis Cameron Presents A.

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Suzy Amis Cameron | HuffPost Suzy Amis Cameron. Executive Director of Plant Power Task Force ... In Fall 2018, Suzy will publish, OMD: Swap One Meal a Day to Get Healthy, Live Longer, and Save the Planet, with Simon.