Perfect for Earth Day: The bestselling author of Gorgeously Green returns with a simple-and budget-conscious-plan for waist management.

Green guru and ecolicious consultant Sophie Uliano has appeared on Oprah, Good Morning America, The View, and other national television shows; her first book, Gorgeously Green, is a New York Times bestseller. And now, with The Gorgeously Green Diet, Sophie shows how to love food, live healthily, lose weight, and save money and the planet.

Uliano offers three different lean and green eating plans-Light Green, Bright Green, and Deep Green. Each offers a cornucopia of the healthiest and most gorgeous food you've ever eaten as well as the secret to being healthy and staying that way. You'll learn how to reduce your impact on the environment by following the plan and how the Gorgeously Green Diet will improve your overall health. There are money-saving tips, including how to cook a healthy organic meal for five on less than it would cost to eat at Burger King, as well as nearly one hundred recipes and a gentle exercise plan. Readers can take the pledge to become green and lean, ask questions, and get support. This is the celebration of food, the planet, and healthy bodies that Sophies many fans have been waiting for.

Features:
* Click here to view our Condition Guide and Shipping Prices

My Personal Review:
This book is very helpful even if you are not ready to go completely green. There are 3 different levels depending on the time, money, and energy you have to dedicate to it. There are even shopping list that are already written out in the book for each level. So no matter where you are in your commitment to going green there will be a plan that will work for you. Every little bit helps, as Sophie Uliano points out. There are also many resources on where to find the different foods that you may have trouble getting. Mostly though everything is reasonable easy to get. There are many websites that she also list, many of which have a store locator on them. Plus she includes many wonderful recipes that are not too time consuming to make. I highly recomend this book to even those of you who are just wanting to test out the waters of going green.

For More 5 Star Customer Reviews and Lowest Price:

The Gorgeously Green Diet: How to Live Lean and Green by Sophie Uliano - 5 Star Customer Reviews and Lowest Price!