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EatPlant-Based Vegan Recipe Index

These whole food **plant-based oil-free vegan recipes** from EPB are delicious and promote a heart-healthy lifestyle. Veggies never tasted so good!



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Terri Edwards



Terri Edwards is the blogger behind EatPlant-Based, a licensed Food for Life instructor with Physicians Committee for Responsible Medicine, and a plant-based writer and speaker. [Read More...](#)

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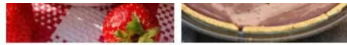
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Plant-Based Starter Kits \$27



The video shows the contents that are included in Starter Kits. So you have made the big decision to take control of your health and join the whole food plant-based lifestyle movement. Congratulations, you've just made one of the best decisions of your life! But now you may be wondering where in ... [read more](#)

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“Terri Edwards is the ideal nutrition speaker! She combines her personal journey with her new passion to create a compelling story that is sure to captivate any audience.”-The Joe R. Uteley Heart Resource Center of Spartanburg Regional Healthcare System, SC

