

WHAT WE EAT MATTERS

WHY: Science shows a whole food, plant-based (WFPB) diet is optimal for the health of humans, animals, and the environment.

WHAT: EMBRACE

Fruits
Vegetables
Whole grains
Nuts and seeds
Legumes and tubers

ELIMINATE

Dairy foods
Animal-based foods
Avoid processed foods,
oil, salt, and sugar

WHO: Anyone can choose to follow a WFPB lifestyle!

WHEN: Start today! You may expect improved digestion and increased energy in just days while reducing your risk of heart disease, cancer, diabetes, and more!

WHERE: Find your local Pod:

HOW: Learn more about a WFPB lifestyle and find resources and support by visiting our website.

JOIN IN!

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