



# **By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat**

*Tracye Lynn McQuirter MPH*

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# By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat

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## **By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat** Tracye Lynn McQuirter MPH

- \* The first vegan guide geared to African American women
- \* More than forty delicious and nutritious recipes highlighted with color photographs
- \* Menus and advice on transitioning from omnivore to vegan
- \* Resource information and a comprehensive shopping list for restocking the fridge and pantry

African American women are facing a health crisis: Heart disease, stroke, and diabetes occur more frequently among them than among women of other races. Black women comprise the heftiest group in the nation—80 percent are overweight, and 50 percent obese. Decades of studies show that these chronic diseases can be prevented and even reversed with a plant-based diet. But how can you control your weight and health without sacrificing great food and gorgeous curves?

Just ask Tracye Lynn McQuirter. With attitude, inspiration, and expertise, in *By Any Greens Necessary* McQuirter shows women how to stay healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle. The book is a call to action that all women should heed.

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