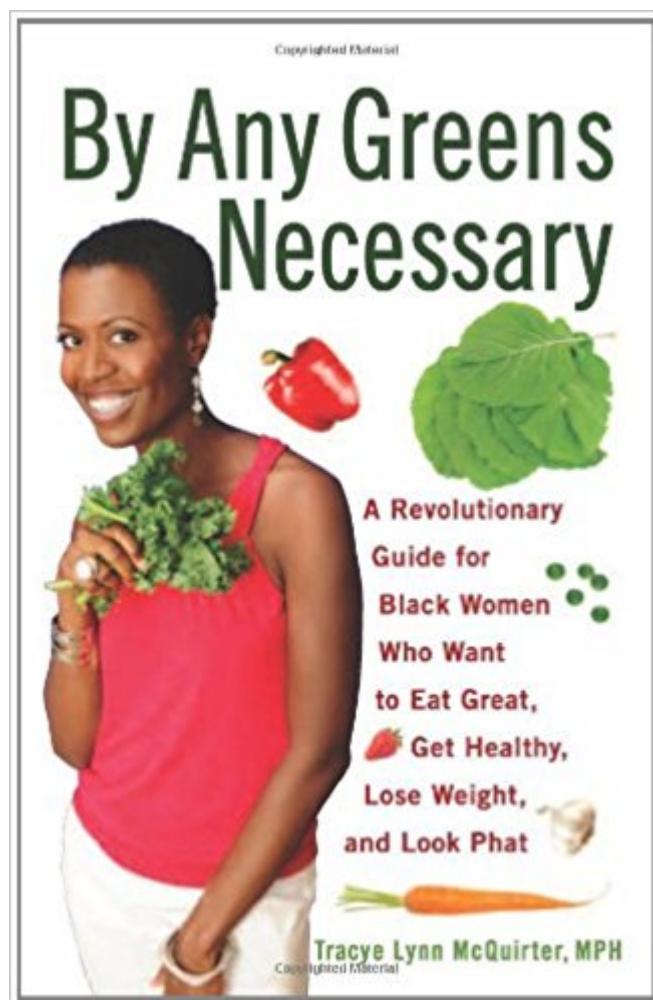


The book was found

# By Any Greens Necessary: A Revolutionary Guide For Black Women Who Want To Eat Great, Get Healthy, Lose Weight, And Look Phat



## **Synopsis**

\*Â The first vegan guide geared to African American women\*Â More than forty delicious and nutritious recipes highlighted with color photographs\*Â Menus and advice on transitioning from omnivore to vegan\*Â Resource information and a comprehensive shopping list for restocking the fridge and pantryÂ 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&#151;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 Tracie Lynn McQuirter. With attitude, inspiration, and expertise, in *By Any Greens Necessary* McQuirterÂ 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.Â The book is a call to action that all women should heed.

## **Book Information**

Paperback: 240 pages

Publisher: Chicago Review Press; 42373rd edition (May 1, 2010)

Language: English

ISBN-10: 1556529988

ISBN-13: 978-1556529986

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 101 customer reviews

Best Sellers Rank: #87,547 in Books (See Top 100 in Books) #112 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #124 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #611 inÂ Books > Politics & Social Sciences > Social Sciences > Specific Demographics > African-American Studies

## **Customer Reviews**

"Finally, a down-to-earth look at plant-based diets for the black community. [This book] will empower even the most staunch omnivore to re-evaluate their food choices and move towards a healthier outlook, not just for themselves, but for the planet."Â &#151;Melissa Danielle, coordinator, Black Vegetarian Society of New York (BVSNY.org) and Wellness Communicator (VegetarianHealthCoach.net)"Even in the Obama era, Black women often believe that we lack

choices, and control over our lives. By Any Greens Necessary reminds us that we have the power to make choices, and become heroes in our own lives through the choices we can make with regard to our food."Â  Majora, MacArthur "genius" Fellow, host of The Sundance Channel's Eco-Heroes and public radio's The Promised Land, and urban revitalization strategist" If there's one health book black women should read this year, this is it.Â  By Any Greens Necessary shows us the real deal about how to eat well and get healthy for life"Â  Tonya Lewis Lee, writer, producer, activist, and author, Gotham Diaries" By Any Greens Necessary will change your life."Â  Michael Greger, MD, author, Carbophobia: The Scary Truth About America's Low-Carb Craze" A fascinating read."Â  The Root"Â  necessary read."Â  Curve

Tracye Lynn McQuirter, aÂ  nutritionist who leads worldwide seminars on vegan nutrition, has been featured in dozens of media, including Essence, the Washington Post, and Black Press USA. A 20-year vegan and a former contributing writer for Heart and Soul, the largest health-and-fitness magazine for African American women, McQuirter founded the Black Vegetarian Society of New York, directedÂ  the nationâ  ™s first federally funded vegan nutrition program,Â  andÂ  worked onÂ  legislationÂ  to improve federal nutrition guidelines. She currently promotes school-based initiatives to reverse childhood obesity andÂ  has servedÂ  as a nutrition consultant for the Black Women's Health Imperative, theÂ  largest health advocacyÂ  organization for blackÂ  women and girls. A graduate ofÂ  Amherst CollegeÂ  and New York University, where she received her master's of public health nutrition, McQuirter lives in Washington, D.C.

There is so much truth in this book! This is a great book for someone who believes or just senses they need to make the transition. It has been a pleasant life changing experience for me! 15 pounds lighter so far and I feel amazing!

Thank you Ms McQuirter for sharing your expertise, gifts, and time. You have reinvigorated my energy. I appreciate your style of delivering life-changing information! #elevateBest, Stanford Smith [...]

Short, brief and to the point. Good information to help with my conversion decision.

... or anyone curious about the vegan lifestyle and why it's a great idea for your health and the planet to eliminate consumption of animals. Loved her transition story.

Well written and informative book for the beginner vegan.

Really good read, with great studies

I received my copy yesterday and couldn't put it down! I finished reading at about 10 o'clock last night and handed it over to my sister. We've been making a conscious effort to eat healthier since February and the information offered by Ms. McQuirter in this book is making me consider taking it up a notch. An excellent and informative read. If you're questioning where your food comes from, how it impacts your health or contributes to larger global issues, this is the book for you because Tracie McQuirter offers facts to make you think, then act, and then adds many intriguing alternative vegan recipes to get you started.

Very insightful read on the transition to veganism. Talks about the pros and cons of dealing with others who don't quite understand. Recipes and other resourceful info provided.

[Download to continue reading...](#)

By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) BLOOD TYPE DIET FOR BEGINNERS: Your Guide To Eat Right 4 Your Type And Lose Up To A Pound A Day: Lose Weight Fast, Look Healthy With Your Blood Type O, A, B And AB Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,)

Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by Pomroy. Haylie ( 2013 ) Paperback Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Leafy Greens: An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Fields of Greens: New Vegetarian Recipes From The Celebrated Greens Restaurant Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook The Sugar Detox: Lose the Sugar, Lose the Weight--Look and Feel Great Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Weight Loss: Tired of looking for what to eat to lose weight? Here is an answer! A 31 Day Guide To Stay Healthy And In Perfect Form. Quick & Easy Recipes, Health, Fitness & Dieting Kindle

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)