

Download Planet Carnivore Why Cheap Meat Costs The Earth And How To Pay The Bill

As you all know, I have a number of vegetarians in my life, and there are many present and active in our MDA community. I empathize with the thinking that goes into their commitment, but I choose to eat meat and obviously encourage others to do the same for the sake of optimum health. How to Eat Plant-Based and Get All the Protein You Need Want to eat a whole-food plant-based diet, but worried about protein? Our 7-Day Kickstart Plan is unique in that it focuses on the highest quality whole foods (including the 7 foods worth eating every day), while also providing protein-boost options, in case you're especially concerned about protein. This article is basically saying that the only reason people are vegans is because of factory farming. That is silly, because I'm not vegan but I don't support factory farming either – I buy my meat, eggs & dairy from a local organic farmer. Paleo principles make sense, and science is there to try to help us understand why. For me, science is the servant, not master. I personally would be perfectly fine without any hard scientific paper “supporting” the principles of living like a real human being (a.k.a. paleo).