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One Part Plant: A Simple Guide To Eating Real, One Meal At A Time



Synopsis

"This book is joyful, playful, delicious, and guess what? It will also change your life. I invite you to follow Jessica into the vast green wilderness." —Lena Dunham

Wellness advocate and podcaster Jessica Murnane is the friend you never knew you had. And she's here with a cookbook to help you make a change you never thought was possible. In *One Part Plant*, Jessica has a friendly request: that you eat just one meal plant-based meal each day. There's no crazy diet plan with an anxiety-inducing list of forbidden foods. Or pages filled with unattainable goals based on an eating philosophy that leaves you feeling hungry and deprived. Instead, Jessica offers you the tools to easily and deliciously make plants the star of your plate--no matter how much junk food occupies it now. Jessica knows what it's like to have less than healthy eating habits. Just a few short years ago, her diet consisted of three major food groups: Sour Patch Kids, Diet Coke, and whatever Lean Cuisine had the most cheese. But when her endometriosis—a chronic and painful condition—left her depressed and desperate for help, she took the advice of a friend and radically overhauled her diet. Within months, her life dramatically changed—her pain started to fade and she felt like herself again. With a unique style and playful tone, Jessica shares what she's learned on her way to healing her body through food. She keeps it simple and, most importantly, delicious—with 100 allergy-friendly recipes like Creamy Mushroom Lasagna, Easy Vegetable Curry Bowls, Triple Berry Skillet Cobbler, and Chocolate Chunk Cookies. Featuring her top ten pantry basics, practical advice, and colorful and bold photography, *One Part Plant* is an inspiring and educational guide to eating real and feeling your best.

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Customer Reviews

“Jessica Murnane’s personal story is a true test to the fact that food can be our medicine or our poison. This book will lead readers to take control of their health so that they can begin to live life with vitality!” • (Laila Ali, fitness and wellness expert, cooking enthusiast, and TV personality) “Whether you’re cooking from these bright, cheery, and delicious recipes or listening to the OPP podcast, Jessica makes vegetables shine and is an upbeat companion to have in your kitchen.” • (Terry Walters, bestselling author of Clean Food) “The most approachable book on plant-based eating that I’ve seen in a very long time. Jess’s realness and humor pour from every page, and the recipes are inspiring and delicious. This is a true guide to transitioning to a plant-based diet without dogma, but celebration! High five, Jess.” • (Sarah Britton, author of My New Roots and Naturally Nourished) “One Part Plant makes the compelling case for eating one plant-based meal per day. But after seeing Jessica’s mouth-watering recipes, one may not be enough. I’ll be giving this book to everyone I love.” • (Andie Mitchell, author of the New York Times bestseller It Was Me All Along and Eating in the Middle: A Mostly Wholesome Cookbook)

We hear the advice all the time: eat more plants. But most of us ignore it. Jessica Murnane used to be one of those people. A few short years ago, her diet consisted of three major food groups: Sour Patch Kids, Diet Coke, and whatever Lean Cuisine contained the most cheese. But when her endometriosis, a chronic and painful condition, left her desperate for help, she overhauled her diet and focused on eating whole, plant-based foods—real foods. Within months, she began to feel like herself again. With a unique style and a playful tone, Jessica shares what she’s learned on her way to eating real. She won’t ask you to change your diet radically or adhere to a strict eating philosophy—just to commit to eating one plant-based meal each day. That’s it. Jessica keeps it simple and, most important, delicious—with 100 allergy-friendly recipes like Creamy Mushroom Lasagna, Easy Vegetable Curry Bowls, Triple Berry Skillet Cobbler, and Chocolate Chunk Cookies. One Part Plant gives you the tools you need to easily and deliciously make plants the star of your plate—no matter how much junk food occupies it now.

This book and Jessica are amazing! I would recommend this to anyone, no matter what your cooking skills or food knowledge are. I love Jessica’s down to earth voice and these amazingly

wonderful recipes!

I have been very happy with all the recipes I have tried. I especially like the cookbook because I have both vegan and gluten free diets in my home, which can be challenging. A lot of other books I have looked at are vegan but not necessarily with a gluten free option!

I already loved Jessica, but this cookbook made me love her more. I love the resources and how clear the recipes are written. I'm not vegan/plant-based etc. but this cookbook has certainly helped encourage me to try to eat more plants, more often. The recipes are varied (salads, desserts, panzanella!!!) which is awesome. My only wish is that there were photos for every recipe, because I like to know what something is going to look like.

Everything I've made from One Part Plant so far has been delicious. I recently made the chocolate chip cookies for my sister who is gluten free and she kept saying how good they were.

What makes this cookbook so cool is that it's super approachable. The recipes are healthy and full of nourishing ingredients, but the end product won't turn off your friends, no matter what their eating preferences are. This is a no-judgement, delicious cookbook, and you'll love Jessica's casual, friendly style.

I was so excited for this book to come out and the day I was suppose to have it delivered delivered it to the wrong address but kindly corrected the mistake and one day later I had the book in my hands. I don't recall how I discovered Jessica and OPP but being someone who also suffers from severe endometriosis I felt an urge to listen and follow her and eventually buy her 1st book. I already have tons of recipes book marked and so far I have made the Almond Cherry Muffins twice! Btw if you have a Vitamix or another high speed blender go ahead and make your own Brown Rice Flour its super easy and inexpensive. I also made the Spicy Broccoli Rice and this week I plan to make the Chilaquiles with Cilantro Cream and the Nutty Banana Smoothie. UPDATE 3/9 I made the Chilaquiles with Cilantro cream. So delicious but be sure to adjust the cream and the Chilaquiles with a bit more salt and lime if needed. As Jessica explains she doesn't use much salt. I use Himalayan and it's already so low so feel few to adjust but this is a must try.

So glad I got this! Love Jessica's podcast so I was so excited to purchase the book. Beautiful

design and the recipes look delicious!

I've always loved following Jessica's podcast and this book is a true reflection of her. It's gorgeous - the photography and design are incredible and each recipe looks more drool-worthy than the last. The best part though is not in the food, but the message. Jessica shares her personal journey and brings a real-ness to a lifestyle/diet that is not always the easiest transition. Her encouragement to eat one plant based meal a day feels honest and approachable. I just LOVED this cookbook.

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