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Recipes for a Better World

Change the Future by Changing Your Diet

Author: Benoît Bringer

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Our food can be a pivotal tool in the fight against global warming.

This book reveals why our food system is the main cause of the threats that now weigh on the planet and our health. The fragile balance that enables life on Earth could soon be shattered. Looking beyond this observation, Benoît Bringer offers economically viable and easily available solutions to change our situation. Reducing our consumption of meat, reinventing our eating habits, zero waste cooking methods, upcycling food waste… From Brazil to Germany, Sweden to the USA, Bringer invites reflections from people who are now inventing a new food model that respects our health and nature. He demonstrates that their initiatives are positive and profitable, even on a large scale.

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