



A Diet for Planetary Health

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This work blends ecology, cuisine, and health, in 70 gourmet, sustainable, zero-waste recipes as per dietary changes from the EAT-Lancet Commission.

The health of our planet and its inhabitants are closely related. We're witnessing the changes as we speak. But there is a way we can all enjoy good health and a sustainably managed environment. In order to do so, we must institute profound changes in the way we eat and produce our foodstuffs.

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