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2018) Kathy Freston, a best-selling author and wellness expert, and Bruce Friedrich, cofounder and executive director of The Good Food Institute, examine what kinds of proteins are best and why.

The Clean Protein Revolution - Live Naturally Magazine

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Kathy Freston is one of the leaders in the plant-based foods movement, and her newest book, "Clean Protein," is a sound, factual treatment of the issues. She addresses both the misunderstandings around the quantity of protein we need (less than most folks think) and the best sources of protein (not necessarily animal products).

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Clean Protein is a powerful solution to excess weight and chronic health issues, and it's a cultural revolution that will be talked about for decades.

Clean protein : the revolution that will reshape your body ...

The book is called Clean Protein: The Revolution that Will Reshape Your Body,

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Boost Your Energy – and Save Our Planet. It's basically a book about how to eat healthily, with a goal of helping readers have more energy, feel better, slim down (if they want that), and so on.

The Clean Protein Revolution - Kirschner's Korner

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