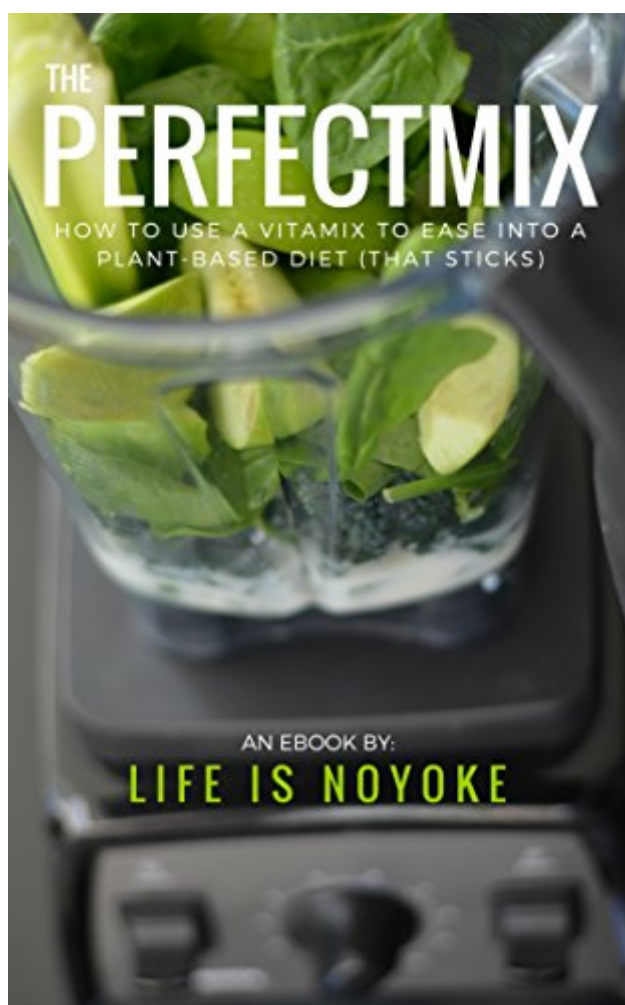


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# The Perfect Mix: How To Use A Vitamix To Ease Into A Plant-Based Diet (that Sticks)



## Synopsis

The voices vary: Your spouse, your doctor, your ego. Yet, the message is the same. You should really eat more vegetables. But as you know, the struggle is real. You want to move towards a plant-based diet. But chances are, you're dealing with one of these: Habits: You're struggling to stick to healthy eating habits. Addiction: You feel addicted to sugar and refined carbs. Starting: You've been told how great people feel now that they eat more vegetables (and perhaps stopped eating meat, cut out dairy or gone vegan completely), but where do you begin? Being a human being gets in the way of healthy eating. External pressures: They take our precious energy and time. Sugar and refined carbs: They are like a drug. Meat and cheese: They taste really good. You get the point. \*\*\*So what's in the book?...In this straight-forward, yet eye-opening short-read book, we'll discuss:- Why it's so hard to actually eat more vegetables.- How to break psychological barriers holding us back.- Who the real enemy is in our battle to eat healthier (and how to fight back). Sound good? Let's take a step back. \*\*\*A little background...Since 2012, I've devoted my work at Life is NOYOKE to showing people how a Vitamix can help them ease into a plant-based diet that sticks. Thousands of people visit our site every day and join our community. Prior to this, I was a traveling consultant living the dream. My clients loved me, but I did not love myself. At rock bottom, I figured out why I was struggling and turned my life around. The catalyst to lasting change: A daily mix of plants (mostly vegetables) in my Vitamix. I figure if I can lose 40 lbs with this simple daily habit, so can you. \*\*\*A peek into how we support ourselves...Shalva and I are primarily supported by Life is NOYOKE. When you use our links to Vitamix.com or Vitamix.ca and enter free shipping promotion code 06-007938, we get credit for purchases and earn a small commission. That helps support our mission of accelerating worldwide adoption of a plant-based, whole food-focused diet, and is greatly appreciated. So towards the end, we'll discuss how to use a Vitamix (the smart way) to make a plant-based routine actually stick. And then we'll recommend you take one for a spin. This book is a cumulation of five years of email, daily writing, and deep thinking about a big problem: Big Food and corporate interests. You should be able to read it cover to cover in about an hour. \*\*\*Who this ebook is for...This quick-read ebook may be for you if:- You're curious about how the Vitamix machine can help you eat more veggies.- You're not sure if the Vitamix machine is worth the investment.- You've tried and failed in the past at "getting healthy" and want to see if a Vitamix is worth a try.- You're already a Vitamix owner and are looking for inspiration to get more out of your investment. This quick-read ebook may not be for you if:- You're looking for full recipes with instructions and

descriptions (there are only links to recommended recipes).- You're looking for something that cannot be found somewhere in the archives of our sites or YouTube channel.- You're looking for a meal plan.- You're looking for step-by-step guidance on going vegan.- You're looking for a long read that will take you more than one hour to read.- You're uncomfortable with us reminding you that we make our living as commission-only Vitamix reps and that we'd love to help you find a Vitamix if you're ready to "take the plunge."\*\*\*The principles inside this book afforded me profound personal freedom. With or without a Vitamix, I hope they do the same for you.Thanks,Lenny

## Book Information

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## Customer Reviews

I love the clear, simple, no-nonsense way this book is written.It gets right to the obstacles to and opportunities for eating a delicious, healthy diet that provides energy for active living.Also, I love the way it starts with easy basics and progresses to a complete diet for healthy life.We love our VitaMix, and the recipes are great!

This book is very inspirational and well written. It makes one want to start a program of healthier eating. Using the Vitamix certainly will make it easy to start a healthier lifestyle. Before getting this book I used my Vitamix primarily for simple drinks, dips and kitchen tasks. I enjoy using it. But since reading this book I am inspired to try a new way of healthy style living. It will be easy because of the simple way the book suggests getting started. It then progresses so I can try new recipes that make me feel good and be much healthier. I love my Vitamix, now I will love it even more!

Lenny Gale from LifeisNOYoke.com wrote this book sharing tips and tricks for how to live a healthier life while using our Vitamix. I love that its a fast and powerful read that inspires me to keep finding new and fun ways to eat a more whole-foods plant-based diet. You are awesome Lenny! Keep up the great work!

I have a Vitamix and this book is perfect to remind us just what this machine can do and why what it does is so important - to our health and to our lives. Thank you to the authors for making something that is so easy to read but packed with information. THANK YOU!

Love the energy of this book and the simplicity of the process....just need to start with day one, smoothie number one and continue from there!! Wish a few recipes were included and perhaps a background on their health, wellness and weight loss journey!!

I absolutely loved this book. I found this book to be extremely informative and well written. I've read many of these "how to change your habit" type books and this one really stood out to me over the others. The author really took the time to explain not only how to change my habit, but why it is absolutely necessary. Next time I eat, it will be hard to get this book off the forefront of my mind.

When I first noticed Lenny Gale on YouTube, I thought he was a bit arrogant, comparing the vitamix to a ninja, and really slamming the ninja's quality. As I viewed more of his videos, I began to like him, and I enjoyed his sense of humor. He seemed like he really cared about teaching and sharing his knowledge. Yes, he was a Vitamix promoter, but you didn't always feel like you HAD to have a vitamix to complete his recipes. I downloaded this book for free during his promotional period, and I was really disappointed. Truthfully I lost interest and zoned out while reading through most of the pages. There were recipes mentioned in the book, but they were just links to his web site. Why not list the actual recipes in the pages in the book??? Shouldn't seeing a few recipe examples be a big

part of how to use a vitamix to ease into a vegan lifestyle? In my opinion, it came across as too preachy, and as one other reviewer mentioned, it just felt like one big Vitamix-paid promotion, including the many links to his shopping page and promo code to buy a vitamix. I mean, really, you don't need a vitamix to become a vegan, but it's a convenient subject to use to promote the purchase of a vitamix. Now, don't get me wrong. I LOVE LOVE LOVE my Vitamix. I'm not a vegan, but I appreciate Lenny's recipes and his past reviews were definitely instrumental in my decision to purchase one; but lately I'm feeling a little betrayed by Lenny and "Life is no Yoke" - It seems like it's transitioning to dollar bills and not as much heart. For example, at the top of his "recommendations" vitamix webpage it only recommends the most expensive new models, touting them to be the best for new buyers. Well, the Vitamix is a huge investment for a lot of people, and I could only afford a refurbished 5200, which has made me extremely happy for the last two years. I struggled with posting a review for this book, because I really like Lenny, and I don't like criticizing someone's art, but I just feel like he needs to take a step back and remember that it's not all about the money. It's about convincing more people to a healthier lifestyle.

I like that this book not only educates but gives suggestions using links that work. Not to mention, I had no idea there was financing available to purchase vitamix :)

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