

# Plant-Based Diet

*author: Alternative Food Network*

---

2026-06

# Synopsis

---

authori¼š	Alternative	Food
Network		
inLanguagei¼š	english	

Curious about what plant-based eating is all about? If youâ€™re thinking of incorporating more plant-based foods into your diet or are looking for more plant-based recipes, this podcast is for you. Published the second Friday of the month.

## Reader's comments

---

comment 1:

â€"â€" ()