

31-DAY **FOOD REVOLUTION** is your guide to liberation from a toxic food world. Ocean Robbins reveals how specific ingredients and methods could be making you sick—and what to do about it. And he shows you how—in just 31 days—you can use the amazing power of delicious food to heal your gut, lose excess weight, and lower your risk for disease, all while contributing to a healthier planet.

You'll discover surprising secrets, such as how to stop food cravings, how to catch dangerous ingredients hiding in food labels, and time-saving habits to make eating healthy easier.

In his down-to-earth way, Robbins meets you wherever you are on your personal journey with food. And he provides you with tools that make it easy to eat less sugar, processed foods, and unhealthy animal products—helping you align your food choices with your values. In just 31 days you can change your health for the better.

**OCEAN ROBBINS** is CEO and cofounder of the 500,000-plus-member Food Revolution Network. He has held hundreds of live seminars and events that have touched millions of lives in 190 nations. His grandfather founded Baskin-Robbins, and his father, John Robbins, walked away from the family company to write bestsellers like *Diet for a New America* and to become a renowned health advocate. Now, Ocean is on a mission to transform the industrialized food culture into one that celebrates and supports healthy people and a healthy planet, and he's inviting YOU to join the food revolution.

### READ BY THE AUTHOR

A PDF OF RECIPES IS AVAILABLE UPON REQUEST.  
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Running Time: Approx. 8.5 Hours • Unabridged

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REVOLUTION

Heal your body,  
feel great, and  
transform your world

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