

OMD Swap One Meal A Day To Save The Planet And Your Health

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## Summary:

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Resources For Plant-Based Living | One Meal A Day | OMD Ready to swap at least one meal a day with something plant-based? Leaving meat and dairy off the menu can feel like a challenge in a world where we're inundated with bacon-wrapped-everything and gratuitously gooey videos of hamburgers all over our social media feeds. Suzy Amis Cameron - Wikipedia In fall 2018, Amis Cameron will publish, OMD: Swap One Meal a Day to Get Healthy, Live Longer, and Save the Planet, with Simon & Schuster's Atria Publishing Group. She will also launch the OMD campaign to promote plant-based food solutions to climate change, a multipronged effort to transform eating habits and the food system.