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Dropping In

Friday at 8 AM Pacific

January 1st 2021: A Plant-Based New Year Resolution? KickinVegan with Britt Taylor!

Have you been curious about the Plant Based way? This is your place to learn how to join the Gorgeous, Sexy, Fun, Exciting Plant- Based Life. Maybe you have some questions: Is it a diet? A lifestyle? Is it good for me? Can I lose weight? Can I gain muscle? Is it tasty? Is it Fun? If you are ready to let it rip or just want to learn more and maybe stick a toe in, start here! We're not here to tell anyone how right or wrong they are. It is here to show you how fun, easy, delicious and healthy the plant based lifestyle is. You'll get clarity on terms (What's the difference between plant based,

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Featured Guest



Britt Taylor

It started decades ago, really. I was in Kindergarten or first grade when my Grandpa used to point at the salt shaker and yes, "This is poison! Poison I tell ya!" I was scared of salt until college. I read a book called Fit For Life by the Diamonds when I was still in elementary school. Science, health and nutrition were fascinating to me! My Dad was a marine who ran marathons, triathlons and all kinds of other races all the time. If we were old enough to enter we did, or we were always there to cheer him on. I was raised in Hawaii with a deep appreciation for fresh fruit picked right off the trees in the yard. I respected nature, animals, the environment and my health. Let's Fast Forward a

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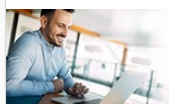
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