



Forks Over Knives Teams with The Engine 2 Diet on “Farms 2 Forks” Weekend Retreats

By Forks Over Knives
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We are pleased to announce that Forks Over Knives has partnered with Rip Esselstyn and [The Engine 2 Diet](#) to bring you [Farms 2 Forks](#) weekend retreats!

Learn hands-on from the best and brightest educators in the field about the whole-foods plant-based lifestyle that is proven to prevent and even *reverse* chronic diseases—while helping you reach an optimum weight.

Join Rip, along with Forks Over Knives’ experts Dr. Caldwell Esselstyn, Dr. Doug Lisle, and more, at one of our four exciting events being held this year.

Click for more information and to sign up now!