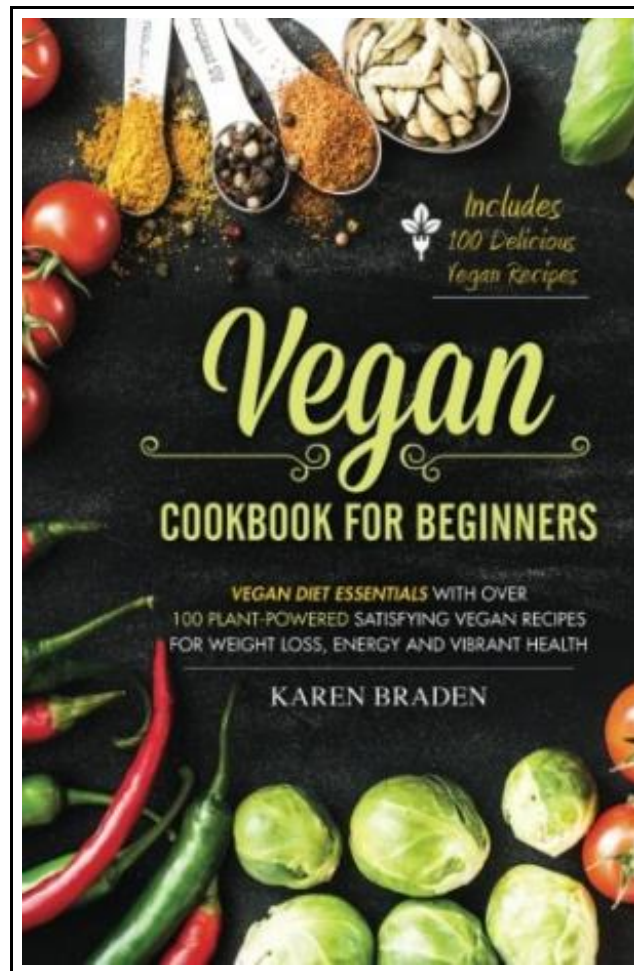


## Vegan Cookbook for Beginners: Vegan Diet Essentials with Over 100 Plant-Powered Satisfying Vegan Recipes for Weight Loss, Energy and Vibrant Health



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## VEGAN COOKBOOK FOR BEGINNERS: VEGAN DIET ESSENTIALS WITH OVER 100 PLANT-POWERED SATISFYING VEGAN RECIPES FOR WEIGHT LOSS, ENERGY AND VIBRANT HEALTH

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Enjoy Over 100 Plant-Powered, Delicious Vegan Recipes For Rapid Weight Loss, Increased Energy and Vibrant Health Starting Today! This Vegan Cookbook will guide you to begin your Vegan Journey to create a healthier, more wholesome life. Through each nutrient and vitamin-rich recipe, you take steps toward increased harmony with the outside world. You refute harm toward animals by accepting non animal-based products; you refute harm to the environment with each leafy green bite you take. And, of course, you take steps toward greater physical and mental health. Eating vegan doesn't mean you're choosing a boring life. Far from it, in fact. Beyond the amazing vegan diet benefits-including decreased risk of obesity, heart disease, stroke, and many cancers, just to name a few-you're allowing yourself a plethora of earth-delivered greens, reds, oranges, yellows, and purple plants, each stocked with vitamins and minerals for an enhanced lifestyle. Take steps to end your toxin intake. Take steps to halt your over-consumption of protein. Turn toward these 100 plant-based, delicious vegan breakfast, vegan appetizer, vegan smoothie, vegan lunch, vegan slow cooker, vegan soup, vegan seitan, vegan tofu, vegan tempeh, and vegan dessert recipes-and so many, many more. With this recipe book in your hands, you will not get bored and are more likely to prevent burnout and stick to the plan. With 100 Vegan Recipes in your hands-alongside a comprehensive leap-into-veganism guide and shopping list, offered in this book-you can know that your vegan beginner days are coming to an end. Here is exactly what you will find in this book: Over 100 Plant-based, Satisfying Recipes Complete Nutrient Profile Of Each Recipes Tips to Transition Smoothly...



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