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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 (Paperback)

By Karen Braden

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,...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**