



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

Karen Braden

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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 Complete Shopping List Vegan Substitutions for Easy Swapping Delicious Vegan Juice and Smoothie Recipes Vegan Appetizers, Dips and Snacks Hearty Vegan Slow Cooker and Soup Recipes Vegan Main Course Recipes And Much Much More

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Dora Dickey:

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Cami Raley:

The reason? Because this Vegan Cookbook For Beginners: Vegan Diet Essentials With Over 100 Plant-Powered Satisfying Vegan Recipes For Weight Loss, Energy and Vibrant Health is an unordinary book that the inside of the book waiting for you to snap the item but latter it will jolt you with the secret the idea inside. Reading this book adjacent to it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book have such as help improving your talent and your critical thinking approach. So , still want to hold off having that book? If I were being you I will go to the book store hurriedly.

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