



# **VEGAN COOKBOOK: 50 Vegan Recipes: Your Vegan Cookbook For Plant Based Eating And Healthy Living (Health Wealth & Happiness 47)**

*Charity Wilson, My Recipe Journal*

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**Vegetable lovers this is for you!**

## **50 Vegan Recipes To Satisfy Any Veggie Lover**

Love vegetables? Hate meat? Then this book is for you.

Maybe you don't hate meat as in the flavor but have made a conscious choice to not consume meat due to your stance on the treatment of animals. Whatever the reason a vegan diet is one of the healthiest diets available.

Livin' La Vegan Loca

If you are just about to embark on a vegan lifestyle or maybe have decided to be vegan by day and carnivore by night, you need vegan diet recipes. Having a wide variety of delicious meals at your fingertips means you will stick with your lifestyle.

Living a vegan lifestyle is one where you abstain from eating anything that contains animal meat or animal by-products. You will not find eggs, dairy or any products that are processed using animal by-products.

Does that mean you are stuck eating buckets of broccoli and kale? No way! There are a million ways to eat the plethora of vegetables you have access to. Plus there is the fruit, nuts, seeds, grains and vegan friendly dairy and meat substitutes.

## **Is Vegan Living Unhealthy?**

Meat, dairy and eggs give most people the bulk of their protein so what is a vegan to do? Educate yourself. It takes some researching to make sure that as a vegan you are getting the balance of nutrients you need, but it is more than possible. You do not need animal products to live a healthy life.

If you do not replace the calories your body needs when you cease to eat animal products, a vegan diet can become very unhealthy. Any diet that does not provide your body with the nutrients it needs is unhealthy.

Variety will be your best friend when following a vegan lifestyle. Eat every color of vegetable and enjoy all

the fruits. Make frequent trips to the store and get the freshest options available. Vegan living does not have to feel like a deprivation diet as so many people think.

A vegan diet is exceptionally healthy when you consider the fact a high percentage of the food consumed is vitamin laden and anti-oxidant rich foods.

## What You Will Discover Inside “50 Vegan Recipes”

- **6 Breakfast Recipes to wake up your day**
- 8 Lunch Recipes to make your co-workers jealous
- **4 Appetizer Recipes to fire up your taste buds**
- 8 Dinner Recipes for you and your friends
- **6 Side Dishes that will compliment any meal**
- 6 Soup Recipes to warm your tummy
- **7 Dessert Recipes to keep those sugar cravings at bay**
- 5 Smoothie Recipes for the days you are too rushed to eat

*Are you ready to finally discover the easiest way to living the vegan lifestyle?*

Scroll to the top of the page and hit the buy button today!

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#### **Roberta Bourland:**

A lot of people always spent their free time to vacation or go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book VEGAN COOKBOOK: 50 Vegan Recipes: Your Vegan Cookbook For Plant Based Eating And Healthy Living (Health Wealth & Happiness 47) it is extremely good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space to create this book you can buy the particular e-book. You can m0ore quickly to read this book from a smart phone. The price is not too costly but this book possesses high quality.

#### **Corey Mason:**

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