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VEGAN: DUMP DINNER: 65 Vegan Recipes For Beginners On A Budget And High Protein Cookbook (One Pot, Slow Cooker, Raw Food, Vegetarian)





Synopsis

Lose Weight and Gain Lean Muscle Mass *– The Healthy Vegan Way!* It doesn't have to be difficult to cook delicious vegan meals at home! *Vegan: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle* by is more than a cookbook. Chapter-by-chapter, Charlotte Moyer introduces you to the most essential foods of a vegan diet. You'll learn to prepare delicious dishes based around these popular vegan staples: Beans, Quinoa, Nuts, Greens, Broccoli, Asparagus, and even Tempeh! You don't need a Kindle device to read this book – Just download a FREE Kindle reader for your smartphone, tablet, or computer! You can save money and live better by cooking vegan dishes for yourself and your family. Protect the animals, the environment, and your health while enjoying wonderful meals such as Lemon Asparagus Pasta, Sweet and Sour Tempeh, and Almond Butter Pancakes! Don't wait - It's time to do the right thing for your body and the world. Download *Vegan: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle* right away! >>> Scroll up and Download This Book Now

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yummy

amazing recipes

Good Book not sure if I'm ready for the all veg diet

Some new ideasSome items just rehashed

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