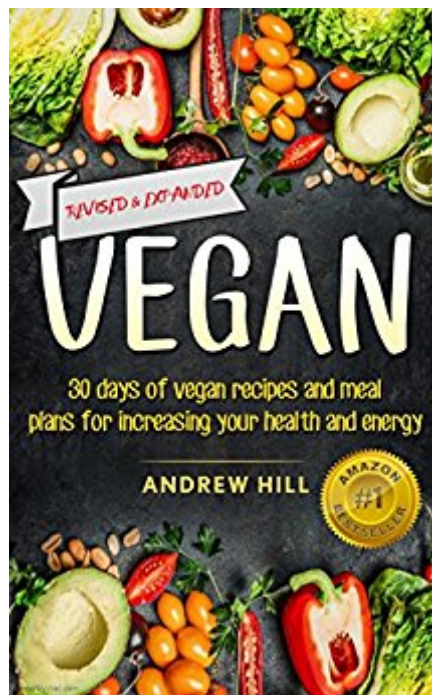




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VEGAN: 30 Days Of Vegan Recipes And Meal Plans To Increase Your Health And Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1)



Synopsis

NEW Revised 3rd Edition!! With HEALTHIER and More Detailed Recipes! Lose Weight, Feel Stronger, and Live Longer! When you buy this book, you'll also get a FREE special report and a FREE Mastermind Self Development Group membership! Get this book for FREE with Kindle Unlimited! Are you curious about the vegan lifestyle? Do you want to take care of your body and the planet? Would you like to get healthy and build an attractive vegan body? If so, you must read *Vegan: 30 Days of Vegan Recipes and Meal Plans for Increasing Your Health and Energy*! You'll discover why you should go vegan NOW and how to make this incredible diet work for you! It's time to reap the many rewards of the vegan lifestyle: Losing weight and keeping it off, Eating better and cleaner foods, Making a difference in society and the world, and Getting fitter and healthier for life! Inside this fascinating book, you'll discover an easy-to-follow 30-day plan for adjusting to the vegan diet. This book provides easy daily recipes to tantalize your senses and keep you motivated to succeed with this revolutionary lifestyle! You can enjoy delicious vegan dishes for every meal of the day: Green, Mango, and Strawberry/Avocado Smoothies, Creamy Chocolate Shakes, Mock Peking Duck Pancakes, Lemon and Citrus Couscous with Fennel and Chickpeas, Adzuki Bean Burgers with Potato Wedges, Asparagus, Potato and Squash Frittatas, Tofu-Spinach Lasagna, Shepherd's Pie with Thick Gravy, and many more! Don't delay! Read *Vegan: 30 Days of Vegan Recipes and Meal Plans for Increasing Your Health and Energy* and make this healthy change today! Just scroll up and hit the BUY NOW WITH ONE CLICK button and it's fast and easy!

Book Information

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Customer Reviews

It takes the work out of deciding what to eat by just simply following the meal plans set out. So it's great in that sense, but it would have been great if the recipes had clearer directions. I'm not vegan, but I like eating healthy and this book is great for lazy days when you don't want to think about food. open on a random page and just follow it for the day.

I had been limiting my meat meal for months, and decided it was time to make this my regular life. I had omitted a couple of things I needed nutritionally, and I had a few misconceptions that this book cleared up. A little more knowledge is always good. But this book has something extra with the question why we should be vegan. Thanks to the author for a nice book.

Good thing there is a vegan cook book. I personally like how simple and easy to prepare the dishes. I find the book very helpful because I myself is considering to become a vegan. I think there are a lot of benefits from it. I do wish that there are pictures of each dish so that I know what they should look like.

The vegetable recipes provided will help me to make the proper making of the recipes and the right procedures to follow, the right quantities in the proper healthier manner. The information contains the already familiar recipes and a number of new recipes to me.

I'm not full-pledged vegan yet. I am still contemplating but this book actually contains really delicious meals. Becoming a vegan indeed is a smart move because of its health benefits. Interesting recipe book. The recipes are varied, unique and yummy!

this book has meal plans with day to day foods to eat. It provides instructions on how to make those meals, including breakfast, lunch and dinner. If you are looking for a vegan book, you want this one.

Lord Buddha of India and Pythagoras both advocate this concept and had put in rules to ensure their followers ate only plant based food and completely avoid meat and animal products. In this book, The author has provided very healthy and delicious recipe. and also This book contains everything i needed to know about veganism, its origin, its history and its benefits. I can't wait to try these recipes at home. I'm ready to start this 30 Days of Vegan Recipes and Meal Plans. Great Meal plan book. AWESOME. Highly recommendable.

thank you

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