



Vegan: The Beginners Guide to a Vegan Lifestyle (Includes Top 40 Delicious Vegan Diet Recipes, Cookbook)

Cara Green

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Want to Look and Feel Younger, Increase Energy Levels and Build an Untouchable Immune System the Natural Way?

Enjoy these benefits with the Vegan Lifestyle

Whether you are a vegan, vegetarian or simply want to include more plant-based foods in your diet, this book offers a wide variety of recipes for healthy that you can make in your own kitchen. With its organized table of contents and accessible layout, this recipe book makes it easy to find and create the plant-based snacks that you will LOVE.

On this diet you'll be getting plenty of good fats from cold pressed oils, nuts and seeds and eliminating all unnatural and processed foods.

This book will use a step-wise approach to take you through the Vegan Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.

Think of the Vegan diet like pushing the 'reset' button with your overall health, relationship with food and your habits.

This book will teach you exactly what you need to know about the Vegan Diet, it's many Advantages and Health Benefits.

You'll discover...

- The Evolution of Veganism
- The ABC's Of the Vegan Diet
- Why go vegan?
- How do animal products affect the environment?
- Negative Health Effects of Meat Consumption
- Benefits of consuming Live plant based foods
- What to eat on the Vegan diet
- How to get the nutrition you need
- Is there anything like ethical meat?

- Light at the end of the Tunnel

Here Is A Preview Of The Wholesome recipes you will find in this book, Breakfasts, Lunches, Dinner and Desserts:

- Tofu scramble – Ethiopian Cuisine
- Coconut Oats with Blueberry Jam Parfait
- Jumbo Breakfast Pancake
- Tasty Chia Pudding
- Yummy Yogurt Berry Swirl
- Raw Beet Granola
- Almond Banana Power Smoothie
- The Green Devil!
- The True Definition of a Power Smoothie!
- Peanut Butter & Berry Smoothie
- Cooked Wheat Berries
- Wheat Berry and Bean Chili
- Fresh and Yummy Zucchini Noodles
- Fresh and Light Vegetable Medley
- Nutty Collard Wraps
- Vegan Gyros
- Vegan Spaghetti Bolognese
- Rosemary and Garlic Infused Nutty Cheese
- Asian Steamy Pot
- Couscous with Spicy Veggie Tagine
- White Bean and Avocado Club Sandwich
- Yummy Rawzania
- Raw Pizza Party
- Healthy Raw Pasta
- Vegan Meatballs
- Vegan Bigos
- Vegan Shepherd's Pie
- Creamy Chocolate Mousse
- Fruity Kebabs Dusted With Cacao Powder
- Chewy Peanut Butter Bites
- Protein Rich Stuffed Strawberries

★?★Start your Vegan Journey today with these Nutritious Recipes that will guide you to unlimited health and vitality!★?★

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Suzanne Cicero:

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Christopher Gobert:

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