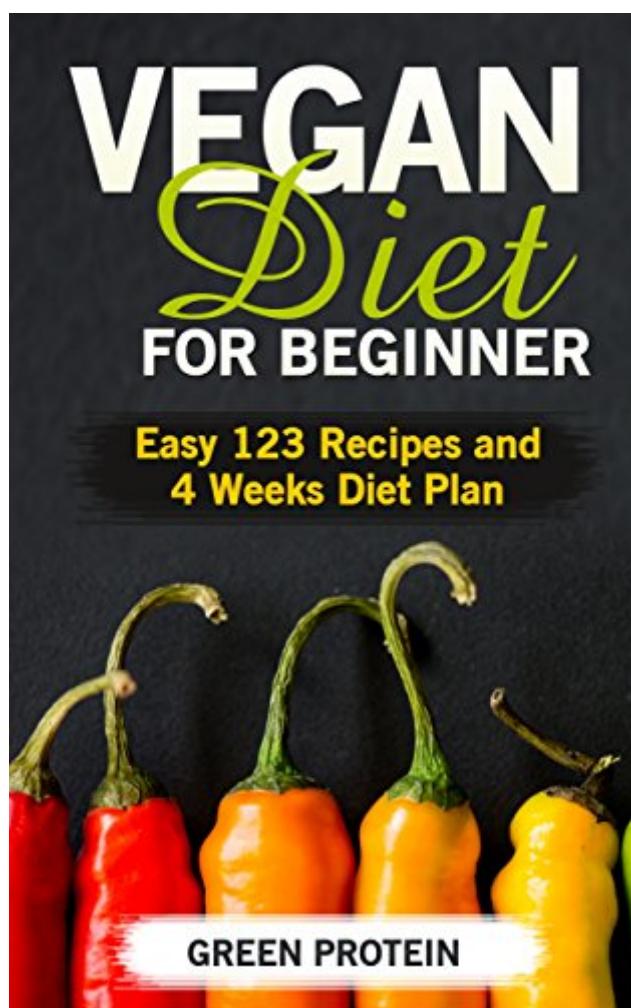


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# Vegan: Vegan Diet For Beginner: Easy 123 Recipes And 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1)





## Synopsis

Discover the Solution to Your Weight-Loss and Health Goals. The Vegan Way!This is the MOST COMPLETE beginner's Vegan Diet book you will ever find on the market! Read this book for FREE on Kindle Unlimited NOW to find out why! - Download now you will also get a BONUS book that includes 104 juicing recipes! And you will get another one of my book as a BONUS! That is a Total of 200+ recipes to kick start your Vegan Lifestyle NOWLife is Great! Despite what it is that you want in life, you still need a healthy body in order to enjoy everything that life has to offer. If currently you are unhealthy, overweight, or just in the mood for something new, a Vegan Diet is your answer!In this book you will learn everything that you need know in order to start your vegan diet today:- What is Veganism- Where Did Veganism Come From- Benefits of Converting to Veganism- What is Vegan Cooking- Tips on Starting the Diet- Shopping Guide- Guides On Eating Out- Deal with Cravings- Setting Up Your Kitchen- Thing to Keep in Mind When Following the Recipes- Cooking TipsAfter we feed your brain with knowledge of veganism then we have a 4 weeks Vegan diet plan that can help you to kick start your journey to good health! In addition, the diet plan can be easily modified to suit your unique lifestyle.Not to mention, we have 123 vegan recipes that are unique and easy to make.Also, each of these delicious recipes are aimed to provide your body with a balance level of nutritional intake.We have:28 Breakfast recipes28 Lunch recipes28 Dinner recipes28 Desserts recipes11 Smoothies recipesWe give you everything you need to know about the recipe such as: serving, prep time, and most importantly Nutritional values. So we can help you to keep track of your healthy vegan lifestyle.Now, lets recap what you will get in this one book. You will receive information on vegan lifestyle, a 4 week vegan diet plan that can be easily tailored to your taste, 123 vegan recipes, and 2 bonus books with a total of 200+ recipes!All in one book for the price of \$3.99Right NOW for \$3.99 discount you can either buy this book or a cup of Coffee that eventually ends up in the toilet Download Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan NOW to find out about living a healthy life and loss weight. The Vegan Way!Remember you can get all of these for FREE on Kindle Unlimited!

## Book Information

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## **Customer Reviews**

It's difficult to start a diet plan for weight loss because there are many plans available to follow but most of them may not suit with you. I was in hesitation to start but finally this Vegan diet plan god rid of my tension as these recipes looked suitable for my breakfast, lunch & dinner. Tried some of these in last few days & they were delicious. Thinking to stick with this diet plan from now. This is a very good book for beginners like me to start with Vegan Diet Plan.

Iâ™ve been contemplating going vegan for a long time now, but havenâ™t started because Iâ™m scared of the transition. I love my meat as much as I love my vegetables! Also, I feel like there is much to learn. This book might just convince me to finally turn my life around. It was great to learn about veganism as a lifestyle and a philosophy. Hollywood stars talk about it in interviews all the time, but I never did learn about in a deeper sense. I will definitely use the beginner tips I picked up from this book to good use. All the recipes included seem yummy, and the 4-week diet plan sounds good! The "nutritional valueâ• bit is perfect! Egg-less vegan carrot cake cupcakes?? Didnâ™t know I could make cakes and pastries without eggs! To be honest, my biggest turnoff was eating bland vegan food. After reading this, I proved that âœbland vegan foodâ• does not exist. Excellent, excellent! Five stars!

I am in search for the perfect diet suitable for my body and also my food preference that's why I got this book to help me out. Veganism has been highly explained on this read and the benefits one can get when choosing this kind of diet lifestyle. This book contains helpful tips and hacks in jumping to

this kind of diet, along with the basics of Vegan cooking elaborately discussed, variety of meal plan was included and a lot of different recipes to choose from. From breakfast to dinner every recipe includes nutritional value contents, how to prepare it and easy to follow instructions on cooking it. This book amazed me as I never knew how eating only vegetables are very rewarding, with its easy to do recipes I didn't feel I was deprived of eating food choices that I like, with the natural health benefits one can acquire who would ask for more. I'll definitely give this diet a try and I'm keeping my fingers crossed and hopeful I can stick with it.

This book is great for beginners wanting and starting to eat healthier. Inside it has tips for eating Vegan Super-foods while also destroying the myths about the Vegetarian Diet. Very informative and this book will put you on the right path to a healthier you. Thanks a ton to the author, this week will be a busy one for me!

I read this book because I know very well that the health benefits of a Vegan diet are truly astounding. Vegans typically enjoy lower risks of heart disease, obesity, type 2 diabetes, stroke, and some types of cancers. Veganism is also associated with lower risk of osteoporosis. Vegans are usually thinner, have lower cholesterol and blood pressure than Omnivores and Vegetarians. The popularity of Veganism has grown as more research is publicized proving just how beneficial a Vegan diet is to your health and to the planet.

What more can I about this Book and the author. This is the one and only book you should get your hands on if you had made the decision to become a vegan and are clueless on how to start. This book contains everything you need to know about veganism, its origin, its history and its benefits. The author is very detailed in all his chapters and topics, talking about the history after which diving down into the Diet plans, shopping guides, Diet tips & Breakfast, lunch and dinner recipes. This is an Great book.

This book contains the healthy benefits of a vegan diet and this will also help lose weight. It gives lot of recipe that are delicious and healthy. This book is a wonderful source for anyone who wanna try vegan diet and its a great guide for a healthier diet. Excellent for someone who is thinking about becoming more healthy and this book would be able to give them idea on loss weight. You will surely enjoy preparing these great recipe. Definitely recommended!

I love reading books about being vegan, as when reading these kinds of books, I feel very healthy. I like the part on this book about craving oily foods, or chocolate, and there is actually a healthier counterpart. There was also a long lists of recipes, and after reading it, I can see that it is very healthy, nutritious recipes. I got some recipes listed on my notes, and I am sure I will try some soon. Great read for me.

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