

Vegan Diet *Cookbook*

The Ultimate Veganism
and Vegan Diet Guidebook



Gordon Rock

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replacing such foods with high fiber and protein rich alternatives that will keep you fuller longer The key is focusing on nutrient dense clean and natural foods and avoid empty calories such as sugar saturated fats and highly processed foods If you think this is the most difficult thing you ve ever done or attempted to do then you re wrong This may be a bit of challenge at the beginning but with time focus and willpower you ll not only get used to it you ll enjoy it This book covers How a Plant Based Diet Can Boost Your Health What are the benefits What to Eat and What to avoid Breakfast Soups and Stews Grains Vegetables Salads Snacks and Sides Desserts And much more You can have the best advices help and guidelines from one handbook and complete your fitness and weight loss journey as well No doubt you will love it and have as a recommendation with you for life It is hard to find any other composite and complete center of information Buy it NOW and let your customers get addicted to this amazing book

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