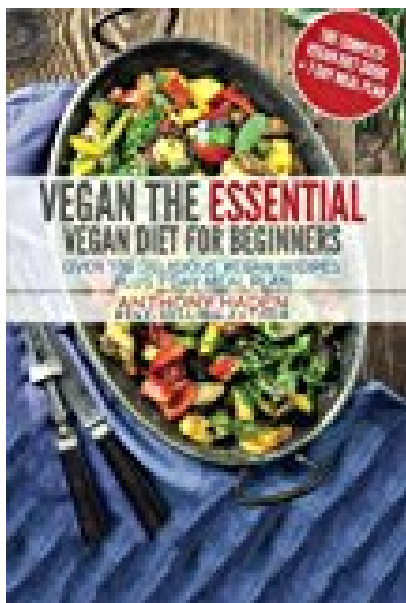


# Vegan The Essential Vegan Diet For Beginners Over 100 Delicious Vegan Recipes Plus 7 Day Meal Plan

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## BOOK DETAILS

- Author : Anthony Hadden
- Pages : 138 Pages
- Publisher : CreateSpace Independent Publishing Platform
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## BOOK SYNOPSIS

Do you want everything you need to know about the Vegan Diet? Do you want to be able to make healthy Vegan recipes but dont want to spend all day in the kitchen? This book could be the answer youre looking for... Vegan: The Essential Vegan Diet For Beginners Over 100 Delicious Vegan Recipes Plus 7 Day Meal Plan Modern day Americans are living just minutes away from dealing with a heart attack and other heart conditions. They spend most of their time eating out, cooking frozen meals, and just avoiding their exercise while dealing with a whole bunch of stress. All of this adds up to the perfect recipe for disaster. It is time to make a change, and not just with meal choices, but also with your whole lifestyle. A Vegan Diet is the perfect choice to get in better health overall. Whether you are trying to lose weight, prevent diabetes, improve your heart health, or for ethical reason, the Vegan Diet is the perfect option for you. With The Essential Vegan Diet For Beginners youll learn... The REAL Science Behind The Vegan Diet FULL Detailed Macro and Micro Nutritional Information For Each Recipe Cooking And Preparation Times To Find The QUICKEST And EASIEST Recipes Over 100 Recipes In Easy to Find Categories PLUS An Easy To Follow 7-Day Meal Plan Why a Normal American Diet Is so UNHEALTHY Everything You Need To Know About The Vegan Diet To Hit The Ground RUNNING! Learn How To Make These Delicious Recipes: Blueberry Buckwheat Pudding Apple Pie Smoothie Vegan Jambalaya Quick and Simple Coconut Curry Butternut Squash and Cauliflower Tacos One-Pot Tomato Pasta Tikka Masala Veggie Gumbo Korean Stir-Fried Zucchini Eggplant and Tomato Stew Fudgy Chocolate Brownie Coconut Truffles And much, much more! Get started on making delicious Vegan recipes and get your copy today!

### **VEGAN THE ESSENTIAL VEGAN DIET FOR BEGINNERS OVER 100**

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