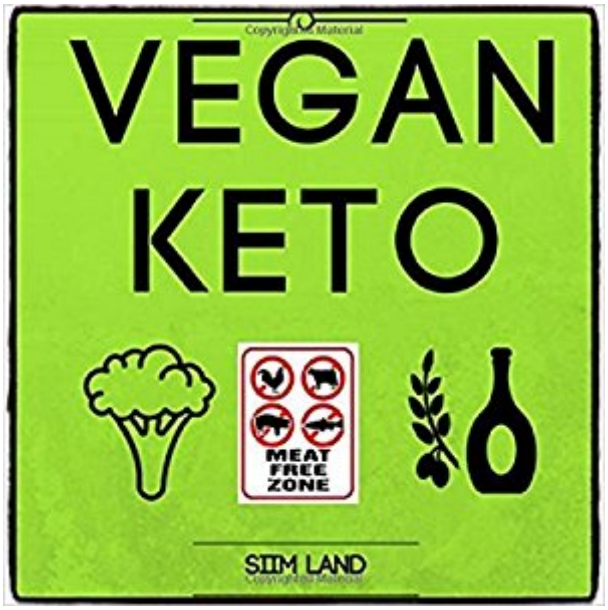
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Vegan Keto: The Vegan Ketogenic Diet For Rapid Fat Loss



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Synopsis

Are you a vegan or a vegetarian? Have you ever wanted to start a ketogenic diet? Don’t know where to begin eating low carb? Is a vegan keto diet even possible? The answer is an astounding yes! Whatever your reason or condition, you will most definitely benefit from this. Vegan Keto provides you with a simple plan to start a ketogenic diet for vegans and vegetarians. Everything you need to know about the keto diet and low carb eating. A tasty ketogenic diet meal plan created on plant based foods that burn fat and battle diabetes. Here’s what you’ll get from Vegan Keto. Burn body fat, not muscle Improve your mental focus Battle diabetes and potentially reverse it Improve your health markers, such as blood pressure, blood sugar levels and cholesterol Protect yourself against cancer, tumors and coronary heart disease Increase your longevity and insulin sensitivity Become fat adapted and start using fat for fuel Experience mental clarity and feel amazing Have access to abundant energy all the time Reduce your hunger and lose sugar cravings for good Eat mouthwatering and delicious meals that leave you satiated for long periods of time All of those benefits while staying in ketosis as a vegan.

Book Information

Audible Audio Edition
Listening Length: 2 hoursÃ Â andÃ Â 29 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Siim Land
Audible.com Release Date: August 30, 2016
Language: English
ASIN: B01L2RU9SC
Best Sellers Rank: #95 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #175 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #266 inÃ Â Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Cooking

Customer Reviews

There isn’t a whole lot on vegan keto, but as a longtime vegan and nutrition nerd, I was looking forward to reading about a little known diet plan designed for vegans. Unfortunately, the author immediately admits that he is not a vegan and has no experience with a plant-based diet. He repeatedly states that vegans eat a high-carb 80/10/10 diet (popularized by certain youtubers and is certainly not how most vegans eat) and that we have issues getting enough amino acids. He talks

about detox, which is a thoroughly debunked scientific inaccuracy, and very few of his statements are more than his personal opinion or ideas. He believes that gluten-free diets are of benefit to the gut, another debunked myth, and he entirely refuses antibiotics and offers dangerous medical advice that he is completely unqualified to do ("if you're taking some, then I advise you to find a better solution"). The recipes are basically just lists of ingredients with no measurements, and he has several recipes that are not vegan and use butter or ghee, heavy cream, cheese, or even lard. He recommends taking raw milk, kefir, or yogurt, or for his supplements recommendations, he lists a bunch of animal product sources with no vegan alternatives provided. He links to non-vegan BCAAs that are in a gelatin capsule. He states that "meat substitutes and soy wouldn't be ideal for my health" despite the scientific evidence showing that there is no concern for soy intakes as well as the many vegan athletes who do enjoy meat substitutes and soy without any negative side effects.But in my opinion, the worst quote I can pull from this book is the following: "Maybe the reason why some of the vegans are too loud and like nervous wrecking balls is that their brain is simply too wired up on fructose and sugar. They think they eat healthily but in reality they're damaging their DNA."Somehow my fructose and sugar wired brain was able to pick this book to shreds (not to mention the grammatical errors). I should write my own vegan keto book about how it's done. This was just embarrassing for the author.

This book is not worth the $18.99 I paid. Siim Land's effort to publish a book is commendable, but the production of the book itself is extremely low quality. The cover is highly pixilated and the body of the book is full of typos and grammatical errors.I'm led to believe that Siim Land doesn't actually value a vegan lifestyle. Instead, he simply saw an opportunity to make money since there are few resources for slow carb or keto vegan diets. Case in point: "Maybe the reason why some of the vegans are very loud and like nervous wrecking balls is that their brain is simply too wired up on fructose and sugar. They think they eat healthily but in reality they're damaging their DNA."Given the low quality content and Siim riddling the book with his personal opinions, I would recommend not purchasing this book and instead mining the internet for whatever information you can find.

This book is little more than a leaflet. Too short on the information I needed. Too expensive for the little pages in it. I regret paying for it.

Good information that I for the most part was aware of, was looking for more recipes than provided

Written by a meat eater that states that in a utopian world we wouldn't have to kill anything, and that man will still eat animals in the near future. Way to immediately turn off your target audience. Also it's like he almost took omni keto recipes and just stuck in "soy milk" and other substitutions to make it vegan, although he missed a couple that call for butter and cheese. Recipes in different fonts, pieced together. Not enough recipes for main dishes and real eating. Lots of snack and dessert recipes. It does have good info on how the keto process works but seriously I could look that up on the internet.

Informative content. As a vegan it is hard to find anything on the KETO Vegan topic. Siim does a good job at filling in the blanks and giving a better-rounded understanding of how this works as a VEGAN, which is much different from being vegetarian, which would make the KETO diet much easier. We tried his approach and found it to work immediately, like 5 pounds in less than a week and lots of energy.

I found this very helpful to me as a vegan trying to live a ketogenic lifestyle. The information was concise and truthful about the difficulty of following this plan without careful awareness of your nutritional needs.

In my diet I started to introduce rules of vegan diet. I picked up this book because I like the combination of ketogenic diet and vegan diet. In this book, I learned a lot of useful information, and I want everyone to recommend this book. Mostly because Siim writes from his experience, and his every word was put into practice.

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