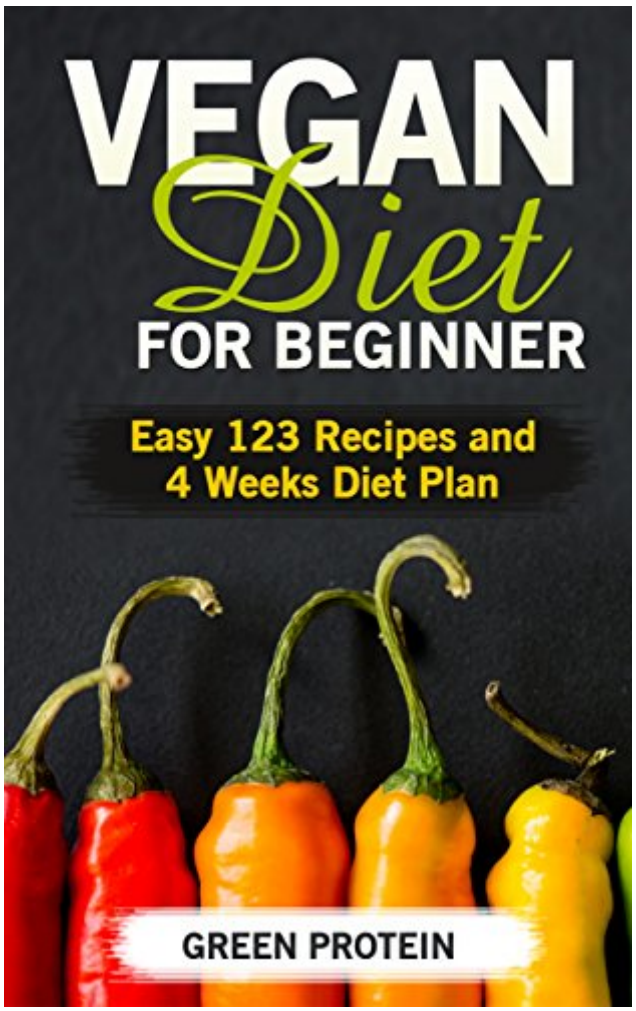
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Synopsis

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!

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Customer Reviews

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 teaches you everything you need to know before embarking on a vegan diet, and more importantly, it contains a very consistent meal plan that will make your transition to a vegan lifestyle much more bearable. However, even though I'm not a vegan and I don't intend to become one, I still got this book because I was looking for some healthy vegan recipes to incorporate into my personal meal plan, and I'm very satisfied by what I got. The book contains a huge collection of recipes that are tasty, healthy, and quite easy to prepare.

From what I've read so far (up till chapter 4), the book is very informative and gives you a clear

understanding of where you're going if you were to switch to a vegan diet. Though it does not delve into great detail about what precautions to take, it does give you sufficient warning (as is expected considering it is not a medical book) about switching immediately and provides a slow, easing regiment if you were to indeed switch. It is a very good resource for anyone considering this course of action.

When itÃƒÂ¢Ã â ¬Ã â„¢s your first time trying out the vegan diet, it would be very difficult to create a four week menu without a guide. Thankfully, this book has recipes that can last for a month, which takes away the added stress of planning for the right types of food and dishes to take. The recipe titles are also interesting and are pretty varied. With more than a hundred dishes to add to my menu, I am assured that meals wonÃƒÂ¢Ã â ¬Ã â„¢t be repeated for a long time.

Good recipes that make it possible to find good tasting foods that are free of meats and dairy products. Very good options.More recipes than I expected. It was a great find on .

Just recently, I started to make steps towards a vegetarian lifestyle. As it turned out it's not easy for me. This book is a good help to me in this. It shows you how to start your diet. I have to say I am impressed by the variety and the number of recipes. A must have for any who practices a vegan lifestyle or someone who is interested in it.

There are a few grammatical errors in the book. I felt that the author wasn't persuading, and rather came out a bit aggressive on the readers. The recipes are simple to make, but a few ingredients are a bit difficult to obtain. I felt that some of the breakfast and lunch recipes were mixed up. Overall it wasn't a bad book, but I think the author could've done a tad better. I do love the recipes though.

Great book full of wonderfull recipes. It's easy to read, and so well-written you don't want to stop learning about how to improve your own health. It was helpful to understand and comprehend the difference between vegan and vegetarian diets. I would recommend this book to anyone starting the vegan way of life.

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