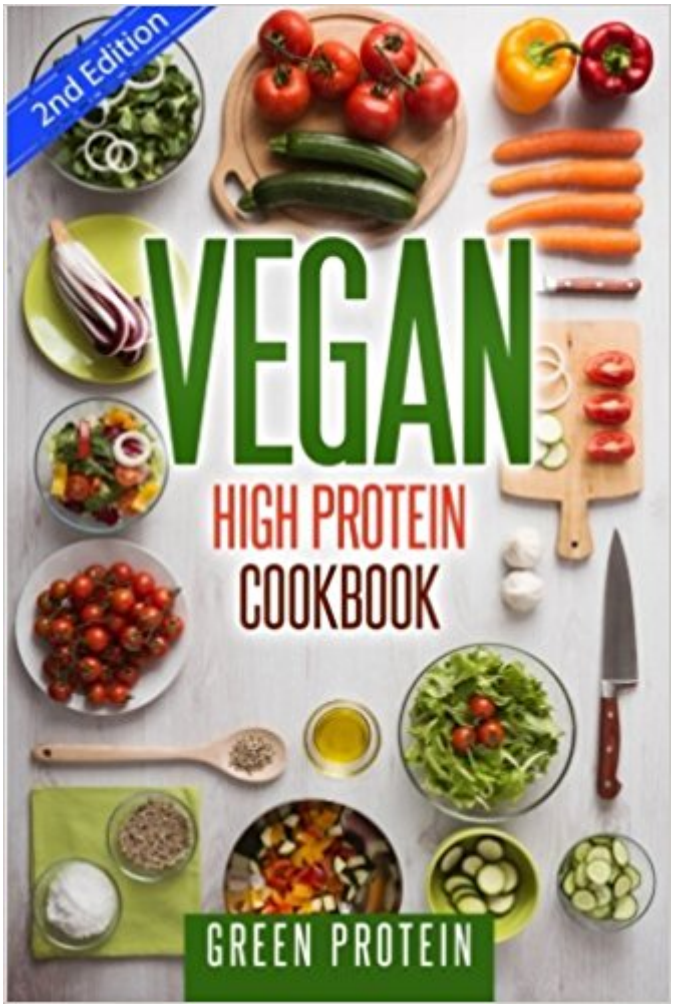
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Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes



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Synopsis

Congratulation For Making The Difficult Choice Of Becoming A Vegan To help you with your journey there is a bonus book inside! Where the TASTY Recipes can be made at a low cost! It is a common believe that people think vegans have a low level of protein intake and that vegans' lives are tasteless. Well if you're looking at this book right now that can only mean "Your about to prove them WRONG!" And the answer is "Yes, you can!" Within this book you will not only find many simple, yet unique protein rich recipes from breakfast, lunch, dinner, soups, snacks, and smoothies to suit your Vegan lifestyle, but also each of these delicious recipes are aimed to provide your body with a balance level of protein intake. We give you everything you need to know about the recipe such as: serving, prep time, and most importantly Nutrition values. So we can help you to keep track of your healthy vegan lifestyle. Here is what you going to get in this book Information on Vegan dietProtein Rich Breakfast recipesProtein Rich Lunch RecipesProtein Rich Dinner RecipesProtein Rich Snack and Soup RecipesProtein Rich Smoothy RecipesBonus $3 Max RecipesBonus $5 Max Recipes Buy NOW and Enjoy!

Book Information

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Customer Reviews

"I have downloaded quite a few books already about Vegan cookbook but this one has a complete package from preparation time and nutritional values which you can barely see from the other recipe book. It also has wide range of recipes which are healthy , easy to follow and tasty. I actually tried a few already together with my kids and the recipe book nailed it. Just suited to what we really need.Recommended!" Customer, Reader"If you are into fitness and going to gym frequently. This

book is a big help for you. It is complete with recipe that will help you build muscles. High protein food is the main focus for this diet recipe." Derrick Martell, Reader"I am not a good cook or chef, but I know when I taste something good, it really is. Aside from the taste this recipe will serve you, you'd be amazed by the nutrition value you could get with it. The book has stated it all." Sophie, Reader

I am a huge One Piece fan! There is one quote from my favorite character that I want to share with you. For those who are on a diet remember!Ã Â "When You're Hungry EAT"Ã Â -Ã Â Monkey D. LuffyÃ Â Yes, you can starve your way to have a skinny body like the models, but it is definitely not good for your health!!!! If you can commit yourself to not eat, why can't you commit yourself to a diet? Besides,Ã Â there are 50 High Protein Recipes for you to keep your mouth chewing.

This is such a very useful and interesting recipe book to read. I just received this very interesting recipe book that has brief and good introduction and it goes straight to choice of food that you can make to meet your daily value and still be healthy.This book proves that you can eat great while lose weight and gain muscle. It contains lots of high protein and low calories recipes. I love how simple these recipes are covering all meals, they are so easy and quick to make. I have tried a few of them, the taste is amazingly good while the cost is not high, and so you can make them every day. All recipes have calories and nutrients clearly stated to help me to monitor my diet.I was really impressed with what I read. This book will be of great help on my journey towards achieving my health and fitness goals. This book provides great tips to help those wanting to lose weight without any drastic change right away. I would highly recommend this book to anyone who wants to try something new with their vegan recipes.

I had a friend who was a vegan and I really missed her way of cooking, now that sheÃƒÂ¢Ã â ¬Ã â„¢s gone back to Mexico, I sometimes crave for vegan foods. That is why I got this book. This has been a very informative book about Vegan living. I really missed her style of vegetarian tacos that was very mouth watering. It was just a joy to know this type of recipe is included in this book. Kudos to the author of this book for including this Mexican dish.

I’ve been a vegetarian for nearly two years now and I’ve been looking to add some more recipes to my life. This vegan cookbook was exactly what I needed. It is full of amazing recipes which are all

high in protein! A common misconception of vegans and vegetarians is that they lack protein but I living physical proof that's not the case. I highly recommend this book to anyone.

The author of this book has taken a different approach to presenting the vegan diet. From the beginning the author lets the reader know that it doesn't take much to start living a healthy life. Eating right has all the right benefits including a stronger immune system to better prevent illness. The author also shows that the vegan diet is not reserved for animal rights group members, but that it is for anyone willing to be healthier and not consume unnecessary amounts of food. The diet as presented in this book is also good for weight loss. What makes this variation of the diet is the high protein content. The author has some recipes here to help guide you on your eating right journey.

This book is exactly what IÃƒÂ¢Ã â ¬Ã â„¢ve been looking for! I am a wannabe vegan. The recipes are listed in a simplistic way so that there can be very little mistakes in making the meals. This book is a good partner to start living green. The recipes are magical and really helped change my body structure and now I look younger too.

This is one of the toughest things about going Vegan in making sure you can uphold a decent protein intake, so I am always on the lookout for cookbooks like this and this is by far one of the best Vegan cook books I've come across yet. There are some delightful recipes here and you won't be frustrated with how they taste. Recommended!

Very good recipes. Says there are shopping lists but there isn't one. Obviously translated from a foreign language as some direction is backwards and out of order, but it's easy to get the point. All in all a pretty good book.

In order to become vegan you must commit to a process of personal change, both internal and external. Sometimes vegetarians become vegan and other times meat-eaters make the shift. A big diet/lifestyle change is not easy. If you are trying to eat less meat, or are making the commitment to be a vegetarian, these tips here might help.

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Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1)

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