

It s Vegan and It Tastes Good (Paperback)



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Reviews

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.
(Geovanny Grimes)

IT S VEGAN AND IT TASTES GOOD (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Vegan Tastes Good. Who Knew? Many people equate a vegan/raw diet with deprivation, thinking that recipes prepared without eggs, butter, meat or other animal products and; or foods that are not cooked are certain to be tasteless and boring. Eating a healthy vegan diet has shown to prevent a number of diseases. Such as: Cardiovascular disease, Cholesterol, High Blood pressure, Type 2 diabetes, Prostate cancer. Colon cancer. Breast cancer, Macular degeneration, Cataracts, Arthritis and osteoporosis. There are many nutritional benefits from a vegan diet full of foods such as fresh fruits and vegetables, whole grains, nuts, beans, and soy products. So now you are ready to learn how to make healthy vegan and raw food meals fast and easy in just minutes that tastes great.



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