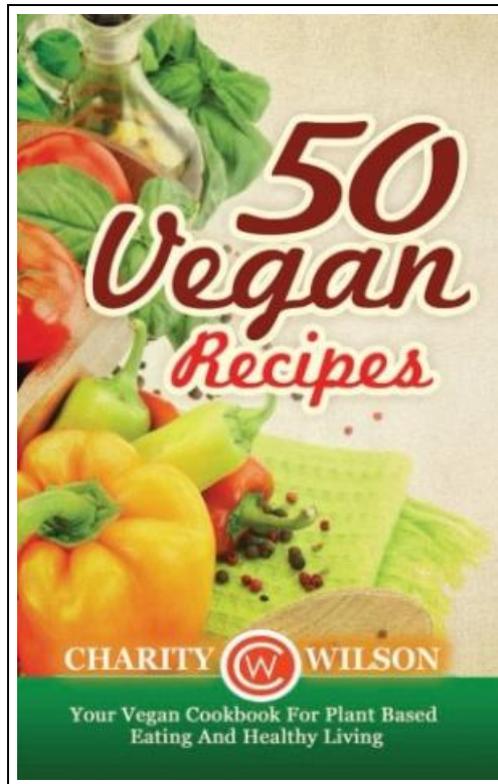


50 Vegan Recipes: Your Vegan Cookbook for Plant Based Eating and Healthy Living



Filesize: 2.59 MB

Reviews

Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.

(Ozella Batz)

50 VEGAN RECIPES: YOUR VEGAN COOKBOOK FOR PLANT BASED EATING AND HEALTHY LIVING



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Vegetable lovers this is for you! 50 Vegan Recipes To Satisfy Any Veggie Lover Love vegetables? Hate meat? Then this book is for you. Maybe you don't hate meat as in the flavor but have made a conscious choice to not consume meat due to your stance on the treatment of animals. Whatever the reason a vegan diet is one of the healthiest diets available. Live in a Vegan Local if you are just about to embark on a vegan lifestyle or maybe have decided to be vegan by day and carnivore by night, you need vegan diet recipes. Having a wide variety of delicious meals at your fingertips means you will stick with your lifestyle. Living a vegan lifestyle is one where you abstain from eating anything that contains animal meat or animal by-products. You will not find eggs, dairy or any products that are processed using animal by-products. Does that mean you are stuck eating buckets of broccoli and kale? No way! There are a million ways to eat the plethora of vegetables you have access to. Plus there is the fruit, nuts, seeds, grains and vegan friendly dairy and meat substitutes. Is Vegan Living Unhealthy? Meat, dairy and eggs give most people the bulk of their protein so what is a vegan to do? Educate yourself. It takes some researching to make sure that as a vegan you are getting the balance of nutrients you need, but it is more than possible. You do not need animal products to live a healthy life. If you do not replace the calories your body needs when you cease to eat animal products, a vegan diet can become very unhealthy. Any diet that...



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