



The 2 Week Vegan Diet Plan: A Quick Easy Cookbook for Beginners

By Abigail Lewis

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You want to start eating healthier and more responsible? If the answer to the question above is yes then this book is for you. Here you will find some of the best substitutes of meat proteins. The book is full of vegan recipes from daily snacks to a comprehensive 2 week diet plan. You will also find the foods that are often mistaken for vegan but in fact are not: like honey and some types of sugar. This book is designed for someone that is relatively new to veganism. It will be explained in detail why being vegan is better for you and for the planet and you will get a starter 2 week vegan diet plan. Why you should check out The 2 Week Vegan Diet Plan This book will be a great for you if you want: Learn meat protein substitutes Know the dietary Do s and Dont sTo know easy to make 6 breakfast and lunch recipes A comprehensive 2 week diet planA full list of groceries to buy for 2 weeks6...

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