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## Vegan Diet: A Complete Guide for Beginners: Quick and Easy Vegan Recipes for Weight Loss and a Healthy Lifestyle (Paperback)

By Sarah Maddington

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Our society has seen a lot of change in recent years. The way we do business, science and technology, communication, travel and so on. But there s one thing hasn t seen much change in the last few decades, our diet. With all the junk going around, fast food, doctors giving mixed advice, how do we know what s actually good for us? There are many different types of diets going around, from the prehistoric paleo diet, to a more modern ketogenic diet, and of course the typical vegetarian diet. One diet, the vegan diet, has slowly gained popularity over the years, equating to nearly 1 in the USA alone. This may not seem like much, but given our animalistic nature to want to eat meat, it might seem quite absurd to many that people wouldn t want to eat meat at all, let alone any animal bi-products such as milk, cheese, eggs and even arguably honey. The vegan diet or veganism is a diet which does not consist of any meat or animal products, including dairy products. Alternatively, one way...



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