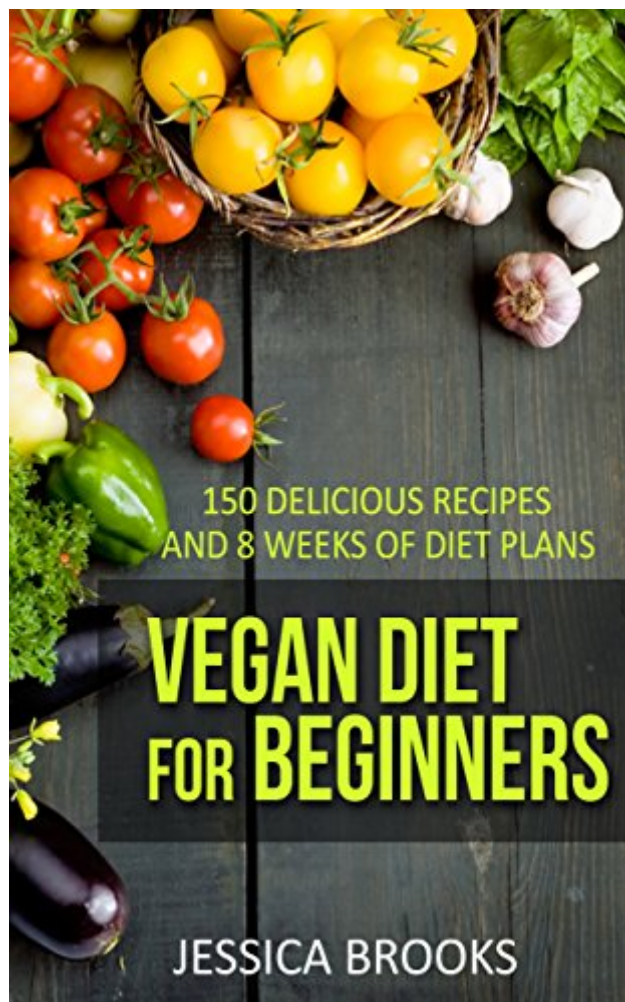


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# Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies)





## Synopsis

Discover the Vegan Solution to Your Weight-Loss and Health Goals!... Read this book for FREE on Kindle Unlimited - Download Now! Second Edition - 100 New Recipes!...No matter how much time and energy you spend on your family and friends, there's no escaping the fact that you also need to take care of yourself and your body. Vegan Diet for Beginners: 150 Delicious Recipes and Eight Weeks of Diet Plans explains what veganism is, its history, and how it's become so popular. You'll learn what you can eat on a vegan diet, and what to avoid. You'll also discover: 15 Helpful Tips for Jumping into a Vegan Diet A Vegan Shopping Guide How to Grow Your Own Food at Home An Essential Guide Eating Out as a Vegan The 10 Super Food Groups to Include in Your Vegan Diet Success by Making Small Changes Managing Cravings When you Download Vegan Diet for Beginners: 150 Delicious Recipes and Eight Weeks of Diet Plans, you'll also get a FREE e-book offer! But that's not all - Vegan Diet for Beginners: 150 Delicious Recipes and Eight Weeks of Diet Plans offers over 100 delicious vegan recipes to make the transition that much easier. You'll enjoy: 60 Breakfast Recipes 10 Lunch Recipes 60 Dinnertime Recipes 10 Snack Recipes 10 Sauce, Dip, and Condiments Recipes Download Vegan Diet for Beginners: 150 Delicious Recipes and Eight Weeks of Diet Plans NOW to find out about losing weight the clean, healthy, and easy way! You'll be so glad you did!

## Book Information

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## Customer Reviews

In Jessica Brook's Vegan Diet for Beginners, you get an introduction into the concept of becoming a Vegan and Veganism. The history of how and why veganism started was filled with interesting source material that covers today's expert about the diet. Experts such as Dr. John McDougall who is a huge advocate of eating a starch-based diet to fight debilitating diseases such as cancers, multiple sclerosis and diabetes. My favorite chapter is Chapter 2 because it deals with one of the hot topics of dieting and that is eating out at parties and restaurants. Also included are 15 helpful tips for jumpstarting your vegan diet, a shopping guide and ways to grow your own herbs at home. Even if you're not interested in the vegan diet this book is a great addition to your collection because of the informative section about cravings. Ever have those cravings for something crunchy, or sweet and salty for some chocolate? Well, these needs are addressed in detail and suggests a healthy replacement that identifies the vitamin deficiency and the food that would address that craving. For example, have a sudden craving for chocolate? Your body might actually be craving magnesium which can be found in seeds, nuts, fruit and Legumes. Are you craving sweet or sugary foods? Your body might need a dose of carbon, sulfur, phosphorus or chromium. These vitamins can be found in fresh fruits and broccoli just to name a few. To find out how to address the many cravings that we have you can read more about this in Chapter 2. This book also includes meal plans and several delicious recipes for breakfast, lunch and dinner. Such as tasty Potato Pancakes or Banana Blueberry Bars for breakfast. You can have a tasty Avocado Salsa Salad or Tortilla Soup for lunch.

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