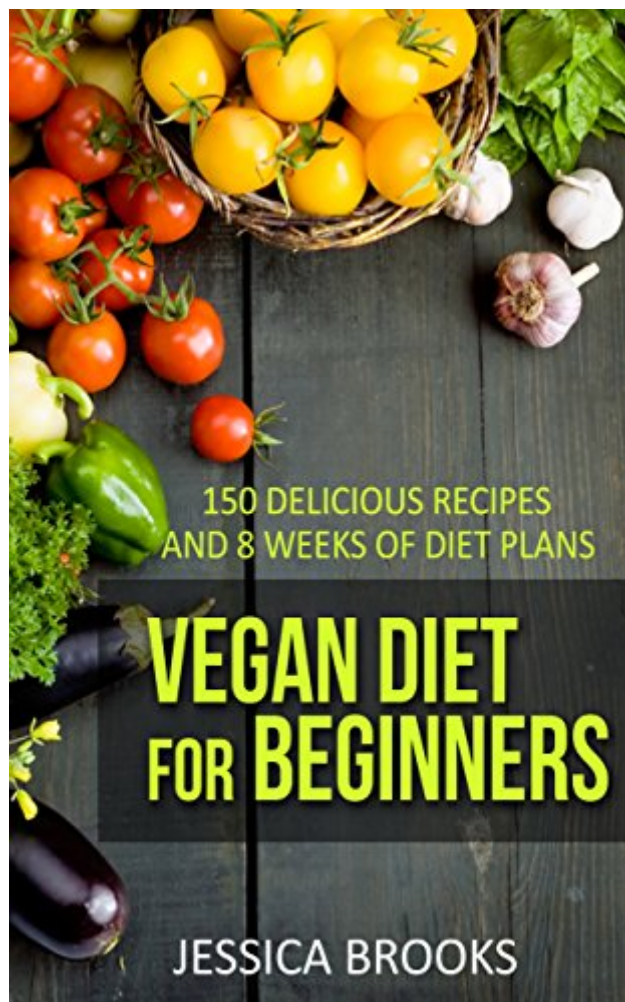


The book was found

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!â€¦ Read this book for FREE on Kindle Unlimited - Download Now! Second Edition - 100 New Recipes!â€¦ 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

File Size: 1921 KB

Print Length: 238 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 21, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00V1XQBEE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #7,464 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions >

Low Cholesterol #1 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #1 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Cholesterol

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.

[Download to continue reading...](#)

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)
Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet)
Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene)
Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1)
Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot,

Pressure Cooker, Vegan, Paleo) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory
Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Raw Food: Lazy
Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010,
801010 diet,) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo
Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo
Slow Cooker COMBO SET 1) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women:
Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker
Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Raw Food Diet: 50+ Raw Food
Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step
Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) 100 Slow
Cooker Recipes: Get 'em! Mix 'em! Leave 'em! (Slow Cooker Recipes, Crockpot Recipes): Big Slow
Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Slow Cooker: 100% VEGAN!:
Irresistibly Good & Super Easy Slow Cooker Recipes to Save Your Time & Get Healthy. (Slow
Cooker, Crockpot, Crockpot Recipes, Vegan Slow Cooker) THAI FOOD - VEGAN THAI RECIPES:
VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR
THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1)
Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken
Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Vegetarian: High Protein Vegetarian
Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron)
(Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegetarian: 50 The
Best Vegetarian Slow Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian
Slow Cooker Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan
Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan
Recipes) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes,
Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow
Cooker Recipes Book 109) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes
(Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker
... Instant Pot Pressure Cooker Cookbook) Crock Pot Recipes - The Ultimate 500 CrockPot Recipes
Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow
Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes