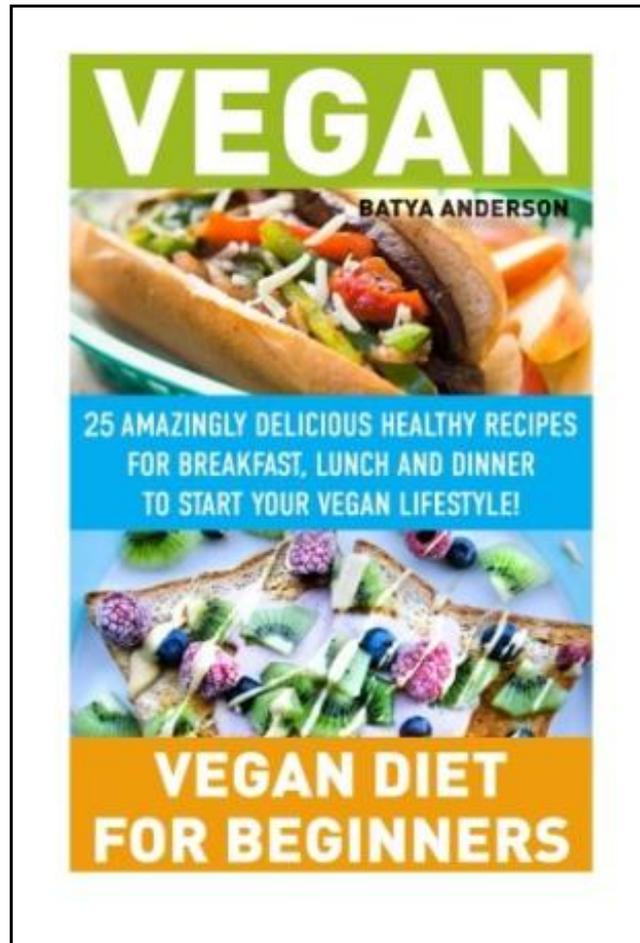


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Vegan: Vegan Diet for Beginners: 25 Amazingly Delicious Healthy Recipes For Breakfast, Lunch And Dinner To Start Your Vegan Lifestyle! This book has been written for the novice Vegan - for someone who is contemplating adopting a vegan lifestyle for while, but is not quite sure how to start. After a short introduction explaining what going vegan entails, you can read through 25 breakfast, lunch, and supper vegan friendly recipes. The recipes in this book are fairly easy to prepare, and do not require many expensive ingredients found only in health food stores or online. The recipes are for the most part basic and familiar foods that are tasty enough to keep you on a Vegan diet for at least a week. That should be enough time to discover for yourself whether forgoing barbecues, your favorite yoghurt, and scrambled eggs is something you can adapt to long term. Once you eliminate all animal products from your diet, you need to be more conscious about eating enough protein and calcium, as well as ingesting enough of the B vitamins and other vitamins and minerals that you previously acquired from milk and meat products. This book does not provide nutritional information about the recipes included. Nor does it profess to have included recipes that will meet all your daily nutritional needs. If you plan to go vegan long term, it is probably wise to consult with your doctor regarding nutritional supplements, and to make sure that your personal state of health permits such a drastic change in diet. Download your E book **Vegan: Vegan Diet for Beginners: 25 Amazingly Delicious Healthy Recipes For Breakfast, Lunch And Dinner...**



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