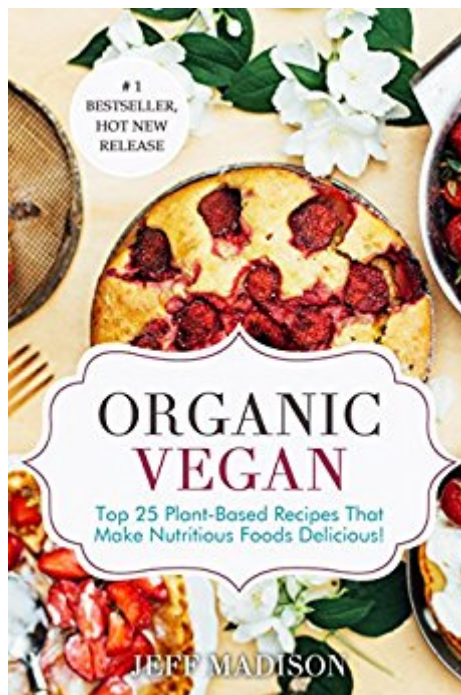




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Organic Vegan: Top 25 Plant-Based Recipes That Make Nutritious Foods Delicious! (Good Food Series)



Synopsis

Try out the science-backed vegan diet to burn fat, lose weight fast and enjoy delicious, healthy meals. Organic Vegan The #1 Best-Selling Book in Health & Healing Category • The best Vegan Cookbook you can buy! • Christine Gonzalez, Health Blogger, Nutritionist, Wellness Coach Why Vegan? Lose weight without calorie restriction Get more than 5-a-Day fresh fruits and vegetables/b> Lower the risk of death from heart disease & cancer Improve your fitness level Boost your immune system and energy level Stay young and live longer These quick and easy vegan recipes are perfect for when you're hungry and in a hurry. Trying to Eat Vegan and Feeling Overwhelmed? These are simple, easy Vegan meals. Easy enough for busy weeknights, but filled with enough flavor for the relaxing weekends! Flavourful Stress-Free Meals Plant-Based Healthy No-Fuss Cooking Great For a Newbie Easy Cook, Easier Clean Lots of Variety Perfect for Anyone Picky Children Approved Some Vegan Recipes Included In This Cookbook: Fresh Mango and Avocado Salsa 10 Falafels Pizza Garlic Soup Loaded Veggies Soup Stuffed Acorn Squash Chickpeas Curry Baked Spinach Lasagna Sweet Potato and Quinoa Cranberry Brussels Sprouts You And Your Family Deserve To Eat Delicious And Healthy Vegan Meals Every Night Of The Week Get started with unique and delicious vegan recipes. Whether you are into yoga and healthy living, or you just want to feed your family, you will love these vegan recipes. Scroll up and click the BUY NOW button at the top of this page! * Free Gift is included

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Customer Reviews

Exploring the chances that are available to gain from the plant protein by increasing the vegan diet and green vegetable consumption and this book has served me right by unleashing all that I need to know about the recipes with full presentation of the necessary ingredients to make that delicious vegan meal. Recommended to all.

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