



Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan

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Discover the Solution to Your Weight-Loss and Health Goals. The Vegan Way!

Life is Great! Despite what it is that you want in life, you still need a **healthy body** in order to enjoy everything that life has to offer. If currently you are unhealthy, overweight, or just in the mood for something new, a **Vegan Diet is your answer!** In this book you will learn everything that you need know in order to start your vegan diet today:

- What is Veganism
- Where Did Veganism Come From
- Benefits of Converting to Veganism
- What is Vegan Cooking
- Tips on Starting the Diet
- Shopping Guide
- Guides On Eating Out
- Deal with Cravings
- Setting Up Your Kitchen
- Thing to Keep in Mind When Following the Recipes
- Cooking Tips

After we feed your brain with knowledge then we have a **4 weeks Vegan diet plan** that can help you to kick start your journey to good health! In addition, the diet plan can be easily modified to suit your unique lifestyle.

Not to mention, we have 123 vegan recipes that are easy to make.

We have:

- 28 Breakfast recipes
- 28 Lunch recipes
- 28 Dinner recipes
- 28 Desserts recipes
- 11 Smoothies recipes

Now, lets recap what you will get in this one book. **You will receive information on vegan lifestyle, a 4 week vegan diet plan that can be easily tailored to your taste, 123 vegan recipes, and a Bonus book to help you loss weight.**

Purchase Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan NOW to find out about living a healthy life and loss weight. The Vegan Way!

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Ernest Ainsworth:

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Lydia Rogers:

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Marylouise Potter:

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