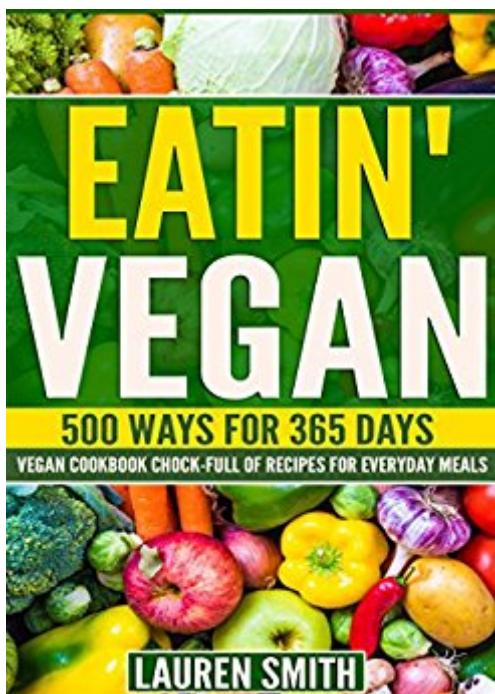


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# **Vegan Cookbook For Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full Of Recipes(Vegan Cookbooks For Beginners, Vegan Diet,Weight Loss,Vegan**



## Synopsis

It's time to dive in! Inside these made-for-you pages of this vegan cookbook are 500 super delicious vegan recipes for breakfast, lunch, dinner, dessert and even smoothies. Through this cookbook you'll find out about the endless variety of options available to you as a vegan. You will get to know that vegan and yumminess are not mutually exclusive. For example, muffins, quesadillas, scones, spreads, soups, pudding, brittle, bars and cupcake recipes abound in this vegan cookbook! There are a multitude of benefits to practicing a vegan lifestyle, and yours could be anything from your desire to live cleaner and healthier to your decision to safeguard the environment through your choices, or because it represents an ethical choice that you feel aligns with your value system. Whatever your reason, with this book, you won't be bored anytime soon, nor will you suffer lack as you enjoy the food items and drinks presented to you here. So what are you waiting for? Scroll up, click the buy button on this page, open the pages of your cookbook and enjoy!

## Book Information

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## Customer Reviews

Looking to eat healthier or just a change of pace. This book I found on booksofthemonth.com's app

is easy to use. Meals are quick and for the best part healthy. Definitely would recommend getting this book.

Recipes are pretty simple and straightforward which is important to someone like me (aka culinary challenged). I am not vegan so I may commit the sin of adding meat but at least the other stuff is quick and tasty.

I've been interested in not necessarily going vegan, but learning to make more vegan food. So far this book has been a great resource. Lot of combinations I hadn't thought of.

very good book. easy to read and understand. great for beginners.

Great e-book, easy to follow!

I am in love with eating meat and dairy, but as I get older I want to live a more healthy lifestyle. This book has easy to follow recipes and the amazing part there is such a variety recipes that it will make my transitions to a more healthy lifestyle easier. I look forward to sharing this book with my friends and family, a book you will certainly enjoy :-).

Some delicious simple recipes. No real format. No pictures.

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meal plans) (Volume 73) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) Dash Diet for Weight Loss: Lose Up to 10 Pounds in 10 Days! + Lower Blood Press w/ Dash Diet Recipes and Cookbook + FREE BONUS: 35 TOP DASH DIET RECIPES ... Dash Diet Cookbook, Dash Diet Recipes) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)

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